ਸਿਧ ਗੋਸਟਿ

Sidh Gosht

Gurmukhi, English & Romanised

ਰਾਮਕਲੀ ਮਹਲਾ ੧ ਸਿਧ ਗੋਸਟਿ

raamkalee mehlaa 1 siDh gosat

Raamkalee, First Mehl, Sidh Gosht ~ Conversations With The Siddhas:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ik-oNkaar satgur parsaad.

One Universal Creator God. By The Grace Of The True Guru:

ਸਿਧ ਸਭਾ ਕਰਿ ਆਸਣਿ ਬੈਠੇ ਸੰਤ ਸਭਾ ਜੈਕਾਰੋ ॥

siDh sabhaa kar aasan baithay sant sabhaa jaikaaro.

The Siddhas formed an assembly; sitting in their Yogic postures, they shouted, "Salute this gathering of Saints."

ਤਿਸੁ ਆਗੈ ਰਹਰਾਸਿ ਹਮਾਰੀ ਸਾਚਾ ਅਪਰ ਅਪਾਰੋ ॥

tis aagai rahraas hamaaree saachaa apar apaaro.

I offer my salutation to the One who is true, infinite and incomparably beautiful.

ਮਸਤਕੁ ਕਾਟਿ ਧਰੀ ਤਿਸੁ ਆਗੈ ਤਨੁ ਮਨੁ ਆਗੈ ਦੇਉ ॥

mastak kaat Dharee tis aagai tan man aagai day-o.

I cut off my head, and offer it to Him; I dedicate my body and mind to Him.

ਨਾਨਕ ਸੰਤੁ ਮਿਲੈ ਸਚੁ ਪਾਈਐ ਸਹਜ ਭਾਇ ਜਸੁ ਲੇਉ ॥੧॥

naanak sant milai sach paa-ee-ai sahj bhaa-ay jas lay-o. ||1||

O Nanak, meeting with the Saints, Truth is obtained, and one is spontaneously blessed with distinction. ||1||

ਕਿਆ ਭਵੀਐ ਸਚਿ ਸੂਚਾ ਹੋਇ ॥

ki-aa bhavee-ai sach soochaa ho-ay.

What is the use of wandering around? Purity comes only through Truth.

ਸਾਚ ਸਬਦ ਬਿਨੁ ਮੁਕਤਿ ਨ ਕੋਇ ॥੧॥ ਰਹਾਉ ॥

saach sabad bin mukat na ko-ay. ||1|| rahaa-o.

Without the True Word of the Shabad, no one finds liberation. ||1||Pause||

ਕਵਨ ਤੁਮੇ ਕਿਆ ਨਾਉ ਤੁਮਾਰਾ ਕਉਨੁ ਮਾਰਗੁ ਕਉਨੁ ਸੁਆਓ ॥

kavan tumay ki-aa naa-o tumaaraa ka-un maarag ka-un su-aa-o.

"Who are you? What is your name? What is your way? What is your goal?

ਸਾਚੁ ਕਹਉ ਅਰਦਾਸਿ ਹਮਾਰੀ ਹਉ ਸੰਤ ਜਨਾ ਬਲਿ ਜਾਓ ॥

saach kaha-o ardaas hamaaree ha-o sant janaa bal jaa-o.

We pray that you will answer us truthfully; we are a sacrifice to the humble Saints.

ਕਹ ਬੈਸਹੁ ਕਹ ਰਹੀਐ ਬਾਲੇ ਕਹ ਆਵਹੁ ਕਹ ਜਾਹੋ ॥

kah baishu kah rahee-ai baalay kah aavhu kah jaaho.

Where is your seat? Where do you live, boy? Where did you come from, and where are you going?

ਨਾਨਕੁ ਬੋਲੈ ਸੁਣਿ ਬੈਰਾਗੀ ਕਿਆ ਤੁਮਾਰਾ ਰਾਹੋ ॥੨॥ naanak bolai sun bairaagee ki-aa tumaaraa raaho. ||2||

Tell us, Nanak - the detached Siddhas wait to hear your reply. What is your path?"||2||

ਘਟਿ ਘਟਿ ਬੈਸਿ ਨਿਰੰਤਰਿ ਰਹੀਐ ਚਾਲਹਿ ਸਤਿਗੁਰ ਭਾਏ ॥

ghat ghat bais nirantar rahee-ai chaaleh satgur bhaa-ay.

He dwells deep within the nucleus of each and every heart. This is my seat and my home. I walk in harmony with the Will of the True Guru.

ਸਹਜੇ ਆਏ ਹੁਕਮਿ ਸਿਧਾਏ ਨਾਨਕ ਸਦਾ ਰਜਾਏ ॥

sehjay aa-ay hukam siDhaa-ay naanak sadaa rajaa-ay.

I came from the Celestial Lord God; I go wherever He orders me to go. I am Nanak, forever under the Command of His Will.

ਆਸਣਿ ਬੈਸਣਿ ਥਿਰੁ ਨਾਰਾਇਣੁ ਐਸੀ ਗੁਰਮਤਿ ਪਾਏ ॥
aasan baisan thir naaraa-in aisee gurmat paa-ay.
I sit in the posture of the eternal, imperishable Lord. These are the Teachings I have received from the Guru.

ਗੁਰਮੁਖਿ ਬੂਝੈ ਆਪੁ ਪਛਾਣੈ ਸਚੇ ਸਚਿ ਸਮਾਏ ॥੩॥
gurmukh boojhai aap pachhaanai sachay sach samaa-ay. ||3||
As Gurmukh, I have come to understand and realize myself; I merge in the Truest of the True. ||3||

ਦੁਨੀਆ ਸਾਗਰੁ ਦੁਤਰੁ ਕਹੀਐ ਕਿਉ ਕਰਿ ਪਾਈਐ ਪਾਰੋ ॥
dunee-aa saagar dutar kahee-ai ki-o kar paa-ee-ai paaro.
"The world-ocean is treacherous and impassable; how can one cross over?

ਚਰਪਟੁ ਬੋਲੈ ਅਉਧੂ ਨਾਨਕ ਦੇਹੁ ਸਚਾ ਬੀਚਾਰੋ ॥
charpat bolai a-oDhoo naanak dayh sachaa beechaaro.
Charpat the Yogi says, O Nanak, think it over, and give us your true reply."

ਆਪੇ ਆਖੈ ਆਪੇ ਸਮਝੈ ਤਿਸੁ ਕਿਆ ਉਤਰੁ ਦੀਜੈ ॥
aapay aakhai aapay samjhai tis ki-aa utar deejai.
What answer can I give to someone, who claims to understand himself?

ਸਾਚੁ ਕਹਹੁ ਤੁਮ ਪਾਰਗਰਾਮੀ ਤੁਝੁ ਕਿਆ ਬੈਸਣੁ ਦੀਜੈ ॥੪॥
saach kahhu tum paargaraamee tujh ki-aa baisan deejai. ||4||
I speak the Truth; if you have already crossed over, how can I argue with you? ||4||

ਜੈਸੇ ਜਲ ਮਹਿ ਕਮਲੁ ਨਿਰਾਲਮੁ ਮੁਰਗਾਈ ਨੈ ਸਾਣੇ ॥
jaisay jal meh kamal niraalam murgaa-ee nai saanay.
The lotus flower floats untouched upon the surface of the water, and the duck swims through the stream;

ਸੁਰਤਿ ਸਬਦਿ ਭਵ ਸਾਗਰੁ ਤਰੀਐ ਨਾਨਕ ਨਾਮੁ ਵਖਾਣੇ ॥
surat sabad bhav saagar taree-ai naanak naam vakhaanay.

with one's consciousness focused on the Word of the Shabad, one crosses over the terrifying world-ocean. O Nanak, chant the Naam, the Name of the Lord.

ਰਹਹਿ ਇਕਾਂਤਿ ਏਕੋ ਮਨਿ ਵਸਿਆ ਆਸਾ ਮਾਹਿ ਨਿਰਾਸੋ ॥
raheh ikaaNt ayko man vasi-aa aasaa maahi niraaso.
One who lives alone, as a hermit, enshrining the One Lord in his mind, remaining unaffected by hope in the midst of hope,

ਅਗਮੁ ਅਗੋਚਰੁ ਦੇਖਿ ਦਿਖਾਏ ਨਾਨਕੁ ਤਾ ਕਾ ਦਾਸੋ ॥੫॥
agam agochar daykh dikhaa-ay naanak taa kaa daaso. ||5||
sees and inspires others to see the inaccessible, unfathomable Lord. Nanak is his slave. ||5||

ਸੁਣਿ ਸੁਆਮੀ ਅਰਦਾਸਿ ਹਮਾਰੀ ਪੂਛਉ ਸਾਚੁ ਬੀਚਾਰੋ ॥
sun su-aamee ardaas hamaaree poochha-o saach beechaaro.
"Listen, Lord, to our prayer. We seek your true opinion.

ਰੋਸੁ ਨ ਕੀਜੈ ਉਤਰੁ ਦੀਜੈ ਕਿਉ ਪਾਈਐ ਗੁਰ ਦੁਆਰੋ ॥
ros na keejai utar deejai ki-o paa-ee-ai gur du-aaro.
Don't be angry with us - please tell us: How can we find the Guru's Door?"

ਇਹੁ ਮਨੁ ਚਲਤਉ ਸਚ ਘਰਿ ਬੈਸੈ ਨਾਨਕ ਨਾਮੁ ਅਧਾਰੋ ॥
ih man chalta-o sach ghar baisai naanak naam aDhaaro.
This fickle mind sits in its true home, O Nanak, through the Support of the Naam, the Name of the Lord.

ਆਪੇ ਮੇਲਿ ਮਿਲਾਏ ਕਰਤਾ ਲਾਗੈ ਸਾਚਿ ਪਿਆਰੋ ॥੬॥
aapay mayl milaa-ay kartaa laagai saach pi-aaro. ||6||
The Creator Himself unites us in Union, and inspires us to love the Truth. ||6||

ਹਾਟੀ ਬਾਟੀ ਰਹਹਿ ਨਿਰਾਲੇ ਰੂਖਿ ਬਿਰਖਿ ਉਦਿਆਨੇ ॥
haatee baatee raheh niraalay rookh birakh udi-aanay.
"Away from stores and highways, we live in the woods, among plants and trees.

ਕੰਦ ਮੂਲੁ ਅਹਾਰੋ ਖਾਈਐ ਅਉਧੂ ਬੋਲੈ ਗਿਆਨੇ ॥

kand mool ahaaro khaa-ee-ai a-oDhoo bolai gi-aanay.

For food, we take fruits and roots. This is the spiritual wisdom spoken by the renunciates.

ਤੀਰਥਿ ਨਾਈਐ ਸੁਖੁ ਫਲੁ ਪਾਈਐ ਮੈਲੁ ਨ ਲਾਗੈ ਕਾਈ ॥

tirath naa-ee-ai sukh fal paa-ee-ai mail na laagai kaa-ee.

We bathe at sacred shrines of pilgrimage, and obtain the fruits of peace; not even an iota of filth sticks to us.

ਗੋਰਖ ਪੂਤੁ ਲੋਹਾਰੀਪਾ ਬੋਲੈ ਜੋਗ ਜੁਗਤਿ ਬਿਧਿ ਸਾਈ ॥੭॥

gorakh poot lohaareepaa bolai jog jugat biDh saa-ee. ||7||

Luhaareepaa, the disciple of Gorakh says, this is the Way of Yoga."||7||

ਹਾਟੀ ਬਾਟੀ ਨੀਦ ਨ ਆਵੈ ਪਰ ਘਰਿ ਚਿਤੁ ਨ ਡੋੁਲਾਈ ॥

haatee baatee need na aavai par ghar chit na dolaa-ee.

In the stores and on the road, do not sleep; do not let your consciousness covet anyone else's home.

ਬਿਨੁ ਨਾਵੈ ਮਨੁ ਟੇਕ ਨ ਟਿਕਈ ਨਾਨਕ ਭੂਖ ਨ ਜਾਈ ॥

bin naavai man tayk na tik-ee naanak bhookh na jaa-ee.

Without the Name, the mind has no firm support; O Nanak, this hunger never departs.

ਹਾਟੁ ਪਟਣੁ ਘਰੁ ਗੁਰੂ ਦਿਖਾਇਆ ਸਹਜੇ ਸਚੁ ਵਾਪਾਰੋ ॥

haat patan ghar guroo dikhaa-i-aa sehjay sach vaapaaro.

The Guru has revealed the stores and the city within the home of my own heart, where I intuitively carry on the true trade.

ਖੰਡਿਤ ਨਿਦ੍ਰਾ ਅਲਪ ਅਹਾਰੰ ਨਾਨਕ ਤਤੁ ਬੀਚਾਰੋ ॥੮॥

khandit nidraa alap ahaara^{N} naanak tat beechaaro. ||8||

Sleep little, and eat little; O Nanak, this is the essence of wisdom. ||8||

ਦਰਸਨੁ ਭੇਖ ਕਰਹੁ ਜੋਗਿੰਦ੍ਰਾ ਮੁੰਦ੍ਰਾ ਝੋਲੀ ਖਿੰਥਾ ॥

darsan bhaykh karahu jogindaraa mundraa jholee khinthaa.

"Wear the robes of the sect of Yogis who follow Gorakh; put on the ear-rings, begging wallet and patched coat.

ਬਾਰਹ ਅੰਤਰਿ ਏਕੁ ਸਰੇਵਹੁ ਖਟੁ ਦਰਸਨ ਇਕ ਪੰਥਾ ॥

baarah antar ayk sarayvhu khat darsan ik panthaa.

Among the twelve schools of Yoga, ours is the highest; among the six schools of philosophy, ours is the best path.

ਇਨ ਬਿਧਿ ਮਨੁ ਸਮਝਾਈਐ ਪੁਰਖਾ ਬਾਹੁੜਿ ਚੋਟ ਨ ਖਾਈਐ ॥

in biDh man samjaa-ee-ai purkhaa baahurh chot na khaa-ee-ai.

This is the way to instruct the mind, so you will never suffer beatings again."

ਨਾਨਕੁ ਬੋਲੈ ਗੁਰਮੁਖਿ ਬੂਝੈ ਜੋਗ ਜੁਗਤਿ ਇਵ ਪਾਈਐ ॥੯॥

naanak bolai gurmukh boojhai jog jugat iv paa-ee-ai. ||9||

Nanak speaks: the Gurmukh understands; this is the way that Yoga is attained. ||9||

ਅੰਤਰਿ ਸਬਦੁ ਨਿਰੰਤਰਿ ਮੁਦ੍ਰਾ ਹਉਮੈ ਮਮਤਾ ਦੂਰਿ ਕਰੀ ॥

antar sabad nirantar mudraa ha-umai mamtaa door karee.

Let constant absorption in the Word of the Shabad deep within be your ear-rings; eradicate egotism and attachment.

ਕਾਮੁ ਕ੍ਰੋਧੁ ਅਹੰਕਾਰੁ ਨਿਵਾਰੈ ਗੁਰ ਕੈ ਸਬਦਿ ਸੁ ਸਮਝ ਪਰੀ ॥

kaam kroDh ahaNkaar nivaarai gur kai sabad so samajh paree.

Discard sexual desire, anger and egotism, and through the Word of the Guru's Shabad, attain true understanding.

ਖਿੰਥਾ ਝੋਲੀ ਭਰਿਪੁਰਿ ਰਹਿਆ ਨਾਨਕ ਤਾਰੈ ਏਕੁ ਹਰੀ ॥

khinthaa jholee bharipur rahi-aa naanak taarai ayk haree.

For your patched coat and begging bowl, see the Lord God pervading and permeating everywhere; O Nanak, the One Lord will carry you across.

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੀ ਨਾਈ ਪਰਖੈ ਗੁਰ ਕੀ ਬਾਤ ਖਰੀ ॥੧੦॥

saachaa saahib saachee naa-ee parkhai gur kee baat kharee. ||10||

True is our Lord and Master, and True is His Name. Analyze it, and you shall find the Word of the Guru to be True. ||10||

ਊਂਧਉ ਖਪਰੁ ਪੰਚ ਭੂ ਟੋਪੀ ॥

oo^{N}Dha-o khapar panch bhoo topee.

Let your mind turn away in detachment from the world, and let this be your begging bowl. Let the lessons of the five elements be your cap.

ਕਾਂਇਆ ਕੜਾਸਣੁ ਮਨੁ ਜਾਗੋਟੀ ॥

kaa^{N}-i-aa karhaasan man jaagotee.

Let the body be your meditation mat, and the mind your loin cloth.

ਸਤੁ ਸੰਤੋਖੁ ਸੰਜਮੁ ਹੈ ਨਾਲਿ ॥

sat santokh sanjam hai naal.

Let truth, contentment and self-discipline be your companions.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਨਾਮੁ ਸਮਾਲਿ ॥੧੧॥

naanak gurmukh naam samaal. ||11||

O Nanak, the Gurmukh dwells on the Naam, the Name of the Lord. ||11||

ਕਵਨੁ ਸੁ ਗੁਪਤਾ ਕਵਨੁ ਸੁ ਮੁਕਤਾ ॥

kavan so guptaa kavan so muktaa.

"Who is hidden? Who is liberated?

ਕਵਨੁ ਸੁ ਅੰਤਰਿ ਬਾਹਰਿ ਜੁਗਤਾ ॥

kavan so antar baahar jugtaa.

Who is united, inwardly and outwardly?

ਕਵਨੁ ਸੁ ਆਵੈ ਕਵਨੁ ਸੁ ਜਾਇ ॥

kavan so aavai kavan so jaa-ay.

Who comes, and who goes?

ਕਵਨੁ ਸੁ ਤ੍ਰਿਭਵਣਿ ਰਹਿਆ ਸਮਾਇ ॥੧੨॥

kavan so taribhavan rahi-aa samaa-ay. ||12||

Who is permeating and pervading the three worlds?"||12||

ਘਟਿ ਘਟਿ ਗੁਪਤਾ ਗੁਰਮੁਖਿ ਮੁਕਤਾ ॥

ghat ghat guptaa gurmukh muktaa.

He is hidden within each and every heart. The Gurmukh is liberated.

ਅੰਤਰਿ ਬਾਹਰਿ ਸਬਦਿ ਸੁ ਜੁਗਤਾ ॥

antar baahar sabad so jugtaa.

Through the Word of the Shabad, one is united, inwardly and outwardly.

ਮਨਮੁਖਿ ਬਿਨਸੈ ਆਵੈ ਜਾਇ ॥

manmukh binsai aavai jaa-ay.

The self-willed manmukh perishes, and comes and goes.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਸਾਚਿ ਸਮਾਇ ॥੧੩॥

naanak gurmukh saach samaa-ay. ||13||

O Nanak, the Gurmukh merges in Truth. ||13||

ਕਿਉ ਕਰਿ ਬਾਧਾ ਸਰਪਨਿ ਖਾਧਾ ॥

ki-o kar baaDhaa sarpan khaaDhaa.

"How is one placed in bondage, and consumed by the serpent of Maya?

ਕਿਉ ਕਰਿ ਖੋਇਆ ਕਿਉ ਕਰਿ ਲਾਧਾ ॥

ki-o kar kho-i-aa ki-o kar laaDhaa.

How does one lose, and how does one gain?

ਕਿਉ ਕਰਿ ਨਿਰਮਲੁ ਕਿਉ ਕਰਿ ਅੰਧਿਆਰਾ ॥

ki-o kar nirmal ki-o kar anDhi-aaraa.

How does one become immaculate and pure? How is the darkness of ignorance removed?

ਇਹੁ ਤਤੁ ਬੀਚਾਰੈ ਸੁ ਗੁਰੂ ਹਮਾਰਾ ॥੧੪॥

ih tat beechaarai so guroo hamaaraa. ||14||

One who understands this essence of reality is our Guru."||14||

ਦੁਰਮਤਿ ਬਾਧਾ ਸਰਪਨਿ ਖਾਧਾ ॥

durmat baaDhaa sarpan khaaDhaa.

Man is bound by evil-mindedness, and consumed by Maya, the serpent.

ਮਨਮੁਖਿ ਖੋਇਆ ਗੁਰਮੁਖਿ ਲਾਧਾ ॥
manmukh kho-i-aa gurmukh laaDhaa.
The self-willed manmukh loses, and the Gurmukh gains.

ਸਤਿਗੁਰੁ ਮਿਲੈ ਅੰਧੇਰਾ ਜਾਇ ॥
satgur milai anDhayraa jaa-ay.
Meeting the True Guru, darkness is dispelled.

ਨਾਨਕ ਹਉਮੈ ਮੇਟਿ ਸਮਾਇ ॥੧੫॥
naanak ha-umai mayt samaa-ay. ||15||
O Nanak, eradicating egotism, one merges in the Lord. ||15||

ਸੁੰਨ ਨਿਰੰਤਰਿ ਦੀਜੈ ਬੰਧੁ ॥
sunn nirantar deejai banDh.
Focused deep within, in perfect absorption,

ਉਡੈ ਨ ਹੰਸਾ ਪੜੈ ਨ ਕੰਧੁ ॥
udai na hansaa parhai na kanDh.
the soul-swan does not fly away, and the body-wall does not collapse.

ਸਹਜ ਗੁਫਾ ਘਰੁ ਜਾਣੈ ਸਾਚਾ ॥
sahj gufaa ghar jaanai saachaa.
Then, one knows that his true home is in the cave of intuitive poise.

ਨਾਨਕ ਸਾਚੇ ਭਾਵੈ ਸਾਚਾ ॥੧੬॥
naanak saachay bhaavai saachaa. ||16||
O Nanak, the True Lord loves those who are truthful. ||16||

ਕਿਸੁ ਕਾਰਣਿ ਗ੍ਰਿਹੁ ਤਜਿਓ ਉਦਾਸੀ ॥
kis kaaran garihu taji-o udaasee.
"Why have you left your house and become a wandering Udaasee?

ਕਿਸੁ ਕਾਰਣਿ ਇਹੁ ਭੇਖੁ ਨਿਵਾਸੀ ॥
kis kaaran ih bhaykh nivaasee.
Why have you adopted these religious robes?

ਕਿਸੁ ਵਖਰ ਕੇ ਤੁਮ ਵਣਜਾਰੇ ॥
kis vakhar kay tum vanjaaray.
What merchandise do you trade?

ਕਿਉ ਕਰਿ ਸਾਥੁ ਲੰਘਾਵਹੁ ਪਾਰੇ ॥੧੭॥
ki-o kar saath langhaavahu paaray. ||17||
How will you carry others across with you?"||17||

ਗੁਰਮੁਖਿ ਖੋਜਤ ਭਏ ਉਦਾਸੀ ॥
gurmukh khojat bha-ay udaasee.
I became a wandering Udaasee, searching for the Gurmukhs.

ਦਰਸਨ ਕੈ ਤਾਈ ਭੇਖ ਨਿਵਾਸੀ ॥
darsan kai taa-ee bhaykh nivaasee.
I have adopted these robes seeking the Blessed Vision of the Lord's Darshan.

ਸਾਚ ਵਖਰ ਕੇ ਹਮ ਵਣਜਾਰੇ ॥
saach vakhar kay ham vanjaaray.
I trade in the merchandise of Truth.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਉਤਰਸਿ ਪਾਰੇ ॥੧੮॥
naanak gurmukh utras paaray. ||18||
O Nanak, as Gurmukh, I carry others across. ||18||

ਕਿਤੁ ਬਿਧਿ ਪੁਰਖਾ ਜਨਮੁ ਵਟਾਇਆ ॥
kit biDh purkhaa janam vataa-i-aa.
"How have you changed the course of your life?

ਕਾਹੇ ਕਉ ਤੁਝੁ ਇਹੁ ਮਨੁ ਲਾਇਆ ॥
kaahay ka-o tujh ih man laa-i-aa.
With what have you linked your mind?

ਕਿਤੁ ਬਿਧਿ ਆਸਾ ਮਨਸਾ ਖਾਈ ॥

kit biDh aasaa mansaa khaa-ee.

How have you subdued your hopes and desires?

ਕਿਤੁ ਬਿਧਿ ਜੋਤਿ ਨਿਰੰਤਰਿ ਪਾਈ ॥

kit biDh jot nirantar paa-ee.

How have you found the Light deep within your nucleus?

ਬਿਨੁ ਦੰਤਾ ਕਿਉ ਖਾਈਐ ਸਾਰੁ ॥

bin dantaa ki-o khaa-ee-ai saar.

Without teeth, how can you eat iron?

ਨਾਨਕ ਸਾਚਾ ਕਰਹੁ ਬੀਚਾਰੁ ॥੧੯॥

naanak saachaa karahu beechaar. ||19||

Give us your true opinion, Nanak."||19||

ਸਤਿਗੁਰ ਕੈ ਜਨਮੇ ਗਵਨੁ ਮਿਟਾਇਆ ॥

satgur kai janmay gavan mitaa-i-aa.

Born into the House of the True Guru, my wandering in reincarnation ended.

ਅਨਹਤਿ ਰਾਤੇ ਇਹੁ ਮਨੁ ਲਾਇਆ ॥

anhat raatay ih man laa-i-aa.

My mind is attached and attuned to the unstruck sound current.

ਮਨਸਾ ਆਸਾ ਸਬਦਿ ਜਲਾਈ ॥

mansaa aasaa sabad jalaa-ee.

Through the Word of the Shabad, my hopes and desires have been burnt away.

ਗੁਰਮੁਖਿ ਜੋਤਿ ਨਿਰੰਤਰਿ ਪਾਈ ॥

gurmukh jot nirantar paa-ee.

As Gurmukh, I found the Light deep within the nucleus of my self.

ਤ੍ਰੈ ਗੁਣ ਮੇਟੇ ਖਾਈਐ ਸਾਰੁ ॥

tarai gun maytay khaa-ee-ai saar.

Eradicating the three qualities, one eats iron.

ਨਾਨਕ ਤਾਰੇ ਤਾਰਣਹਾਰੁ ॥੨੦॥
naanak taaray taaranhaar. ||20||
O Nanak, the Emancipator emancipates. ||20||

ਆਦਿ ਕਉ ਕਵਨੁ ਬੀਚਾਰੁ ਕਥੀਅਲੇ ਸੁੰਨ ਕਹਾ ਘਰ ਵਾਸੋ ॥
aad ka-o kavan beechaar kathee-alay sunn kahaa ghar vaaso.
"What can you tell us about the beginning? In what home did the absolute dwell then?

ਗਿਆਨ ਕੀ ਮੁਦ੍ਰਾ ਕਵਨ ਕਥੀਅਲੇ ਘਟਿ ਘਟਿ ਕਵਨ ਨਿਵਾਸੋ ॥
gi-aan kee mudraa kavan kathee-alay ghat ghat kavan nivaaso.
What are the ear-rings of spiritual wisdom? Who dwells in each and every heart?

ਕਾਲ ਕਾ ਠੀਗਾ ਕਿਉ ਜਲਾਈਅਲੇ ਕਿਉ ਨਿਰਭਉ ਘਰਿ ਜਾਈਐ ॥
kaal kaa theegaa ki-o jalaa-ee-alay ki-o nirbha-o ghar jaa-ee-ai.
How can one avoid the attack of death? How can one enter the home of fearlessness?

ਸਹਜ ਸੰਤੋਖ ਕਾ ਆਸਣੁ ਜਾਣੈ ਕਿਉ ਛੇਦੇ ਬੈਰਾਈਐ ॥
sahj santokh kaa aasan jaanai ki-o chhayday bairaa-ee-ai.
How can one know the posture of intuition and contentment, and overcome one's adversaries?"

ਗੁਰ ਕੈ ਸਬਦਿ ਹਉਮੈ ਬਿਖੁ ਮਾਰੈ ਤਾ ਨਿਜ ਘਰਿ ਹੋਵੈ ਵਾਸੋ ॥
gur kai sabad ha-umai bikh maarai taa nij ghar hovai vaaso.
Through the Word of the Guru's Shabad, egotism and corruption are conquered, and then one comes to dwell in the home of the self within.

ਜਿਨਿ ਰਚਿ ਰਚਿਆ ਤਿਸੁ ਸਬਦਿ ਪਛਾਣੈ ਨਾਨਕੁ ਤਾ ਕਾ ਦਾਸੋ ॥੨੧॥
jin rach rachi-aa tis sabad pachhaanai naanak taa kaa daaso. ||21||
One who realizes the Shabad of the One who created the creation - Nanak is his slave. ||21||

ਕਹਾ ਤੇ ਆਵੈ ਕਹਾ ਇਹੁ ਜਾਵੈ ਕਹਾ ਇਹੁ ਰਹੈ ਸਮਾਈ ॥
kahaa tay aavai kahaa ih jaavai kahaa ih rahai samaa-ee.

"Where did we come from? Where are we going? Where will we be absorbed?

ਏਸੁ ਸਬਦ ਕਉ ਜੋ ਅਰਥਾਵੈ ਤਿਸੁ ਗੁਰ ਤਿਲੁ ਨ ਤਮਾਈ ॥

ays sabad ka-o jo arthaavai tis gur til na tamaa-ee.

One who reveals the meaning of this Shabad is the Guru, who has no greed at all.

ਕਿਉ ਤਤੈ ਅਵਿਗਤੈ ਪਾਵੈ ਗੁਰਮੁਖਿ ਲਗੈ ਪਿਆਰੋ ॥

ki-o tatai avigatai paavai gurmukh lagai pi-aaro.

How can one find the essence of the unmanifest reality? How does one become Gurmukh, and enshrine love for the Lord?

ਆਪੇ ਸੁਰਤਾ ਆਪੇ ਕਰਤਾ ਕਹੁ ਨਾਨਕ ਬੀਚਾਰੋ ॥

aapay surtaa aapay kartaa kaho naanak beechaaro.

He Himself is consciousness, He Himself is the Creator; share with us, Nanak, your wisdom."

ਹੁਕਮੇ ਆਵੈ ਹੁਕਮੇ ਜਾਵੈ ਹੁਕਮੇ ਰਹੈ ਸਮਾਈ ॥

hukmay aavai hukmay jaavai hukmay rahai samaa-ee.

By His Command we come, and by His Command we go; by His Command, we merge in absorption.

ਪੂਰੇ ਗੁਰ ਤੇ ਸਾਚੁ ਕਮਾਵੈ ਗਤਿ ਮਿਤਿ ਸਬਦੇ ਪਾਈ ॥੨੨॥

pooray gur tay saach kamaavai gat mit sabday paa-ee. ||22||

Through the Perfect Guru, live the Truth; through the Word of the Shabad, the state of dignity is attained. ||22||

ਆਦਿ ਕਉ ਬਿਸਮਾਦੁ ਬੀਚਾਰੁ ਕਥੀਅਲੇ ਸੁੰਨ ਨਿਰੰਤਰਿ ਵਾਸੁ ਲੀਆ ॥

aad ka-o bismaad beechaar kathee-alay sunn nirantar vaas lee-aa.

We can only express a sense of wonder about the beginning. The absolute abided endlessly deep within Himself then.

ਅਕਲਪਤ ਮੁਦ੍ਰਾ ਗੁਰ ਗਿਆਨੁ ਬੀਚਾਰੀਅਲੇ ਘਟਿ ਘਟਿ ਸਾਚਾ ਸਰਬ ਜੀਆ ॥

akalpat mudraa gur gi-aan beechaaree-alay ghat ghat saachaa sarab jee-aa.

Consider freedom from desire to be the ear-rings of the Guru's

spiritual wisdom. The True Lord, the Soul of all, dwells within each and every heart.

ਗੁਰ ਬਚਨੀ ਅਵਿਗਤਿ ਸਮਾਈਐ ਤਤੁ ਨਿਰੰਜਨੁ ਸਹਜਿ ਲਹੈ ॥

gur bachnee avigat samaa-ee-ai tat niranjan sahj lahai.

Through the Guru's Word, one merges in the absolute, and intuitively receives the immaculate essence.

ਨਾਨਕ ਦੂਜੀ ਕਾਰ ਨ ਕਰਣੀ ਸੇਵੈ ਸਿਖੁ ਸੁ ਖੋਜਿ ਲਹੈ ॥

naanak doojee kaar na karnee sayvai sikh so khoj lahai.

O Nanak, that Sikh who seeks and finds the Way does not serve any other.

ਹੁਕਮੁ ਬਿਸਮਾਦੁ ਹੁਕਮਿ ਪਛਾਣੈ ਜੀਅ ਜੁਗਤਿ ਸਚੁ ਜਾਣੈ ਸੋਈ ॥

hukam bismaad hukam pachhaanai jee-a jugat sach jaanai so-ee.

Wonderful and amazing is His Command; He alone realizes His Command and knows the true way of life of His creatures.

ਆਪੁ ਮੇਟਿ ਨਿਰਾਲਮੁ ਹੋਵੈ ਅੰਤਰਿ ਸਾਚੁ ਜੋਗੀ ਕਹੀਐ ਸੋਈ ॥੨੩॥

aap mayt niraalam hovai antar saach jogee kahee-ai so-ee. ||23||

One who eradicates his self-conceit becomes free of desire; he alone is a Yogi, who enshrines the True Lord deep within. ||23||

ਅਵਿਗਤੋ ਨਿਰਮਾਇਲੁ ਉਪਜੇ ਨਿਰਗੁਣ ਤੇ ਸਰਗੁਣੁ ਥੀਆ ॥

avigato nirmaa-il upjay nirgun tay sargun thee-aa.

From His state of absolute existence, He assumed the immaculate form; from formless, He assumed the supreme form.

ਸਤਿਗੁਰ ਪਰਚੈ ਪਰਮ ਪਦੁ ਪਾਈਐ ਸਾਚੈ ਸਬਦਿ ਸਮਾਇ ਲੀਆ ॥

satgur parchai param pad paa-ee-ai saachai sabad samaa-ay lee-aa.

By pleasing the True Guru, the supreme status is obtained, and one is absorbed in the True Word of the Shabad.

ਏਕੇ ਕਉ ਸਚੁ ਏਕਾ ਜਾਣੈ ਹਉਮੈ ਦੂਜਾ ਦੂਰਿ ਕੀਆ ॥

aykay ka-o sach aykaa jaanai ha-umai doojaa door kee-aa.

He knows the True Lord as the One and only; he sends his egotism and duality far away.

ਸੋ ਜੋਗੀ ਗੁਰ ਸਬਦੁ ਪਛਾਣੈ ਅੰਤਰਿ ਕਮਲੁ ਪ੍ਰਗਾਸੁ ਥੀਆ ॥

so jogee gur sabad pachhaanai antar kamal pargaas thee-aa.

He alone is a Yogi, who realizes the Word of the Guru's Shabad; the lotus of the heart blossoms forth within.

ਜੀਵਤੁ ਮਰੈ ਤਾ ਸਭੁ ਕਿਛੁ ਸੂਝੈ ਅੰਤਰਿ ਜਾਣੈ ਸਰਬ ਦਇਆ ॥

jeevat marai taa sabh kichh soojhai antar jaanai sarab da-i-aa.

If one remains dead while yet alive, then he understands everything; he knows the Lord deep within himself, who is kind and compassionate to all.

ਨਾਨਕ ਤਾ ਕਉ ਮਿਲੈ ਵਡਾਈ ਆਪੁ ਪਛਾਣੈ ਸਰਬ ਜੀਆ ॥੨੪॥

naanak taa ka-o milai vadaa-ee aap pachhaanai sarab jee-aa. ||24||

O Nanak, he is blessed with glorious greatness; he realizes himself in all beings. ||24||

ਸਾਚੌ ਉਪਜੈ ਸਾਚਿ ਸਮਾਵੈ ਸਾਚੇ ਸੂਚੇ ਏਕ ਮਇਆ ॥

saachou upjai saach samaavai saachay soochay ayk ma-i-aa.

We emerge from Truth, and merge into Truth again. The pure being merges into the One True Lord.

ਝੂਠੇ ਆਵਹਿ ਠਵਰ ਨ ਪਾਵਹਿ ਦੂਜੈ ਆਵਾ ਗਉਣੁ ਭਇਆ ॥

jhoothay aavahi thavar na paavahi doojai aavaa ga-on bha-i-aa.

The false come, and find no place of rest; in duality, they come and go.

ਆਵਾ ਗਉਣੁ ਮਿਟੈ ਗੁਰ ਸਬਦੀ ਆਪੇ ਪਰਖੈ ਬਖਸਿ ਲਇਆ ॥

aavaa ga-on mitai gur sabdee aapay parkhai bakhas la-i-aa.

This coming and going in reincarnation is ended through the Word of the Guru's Shabad; the Lord Himself analyzes and grants His forgiveness.

ਏਕਾ ਬੇਦਨ ਦੂਜੈ ਬਿਆਪੀ ਨਾਮੁ ਰਸਾਇਣੁ ਵੀਸਰਿਆ ॥

aykaa baydan doojai bi-aapee naam rasaa-in veesri-aa.

One who suffers from the disease of duality, forgets the Naam, the source of nectar.

ਸੋ ਬੂਝੈ ਜਿਸੁ ਆਪਿ ਬੁਝਾਏ ਗੁਰ ਕੈ ਸਬਦਿ ਸੁ ਮੁਕਤੁ ਭਇਆ ॥

so boojhai jis aap bujhaa-ay gur kai sabad so mukat bha-i-aa.

He alone understands, whom the Lord inspires to understand. Through the Word of the Guru's Shabad, one is liberated.

ਨਾਨਕ ਤਾਰੇ ਤਾਰਣਹਾਰਾ ਹਉਮੈ ਦੂਜਾ ਪਰਹਰਿਆ ॥੨੫॥

naanak taaray taaranhaaraa ha-umai doojaa parhari-aa. ||25||

O Nanak, the Emancipator emancipates one who drives out egotism and duality. ||25||

ਮਨਮੁਖਿ ਭੂਲੈ ਜਮ ਕੀ ਕਾਣਿ ॥

manmukh bhoolai jam kee kaan.

The self-willed manmukhs are deluded, under the shadow of death.

ਪਰ ਘਰੁ ਜੋਹੈ ਹਾਣੇ ਹਾਣਿ ॥

par ghar johai haanay haan.

They look into the homes of others, and lose.

ਮਨਮੁਖਿ ਭਰਮਿ ਭਵੈ ਬੇਬਾਣਿ ॥

manmukh bharam bhavai baybaan.

The manmukhs are confused by doubt, wandering in the wilderness.

ਵੇਮਾਰਗਿ ਮੂਸੈ ਮੰਤ੍ਰਿ ਮਸਾਣਿ ॥

vaymaarag moosai mantar masaan.

Having lost their way, they are plundered; they chant their mantras at cremation grounds.

ਸਬਦੁ ਨ ਚੀਨੈ ਲਵੈ ਕੁਬਾਣਿ ॥

sabad na cheenai lavai kubaan.

They do not think of the Shabad; instead, they utter obscenities.

ਨਾਨਕ ਸਾਚਿ ਰਤੇ ਸੁਖੁ ਜਾਣਿ ॥੨੬॥

naanak saach ratay sukh jaan. ||26||

O Nanak, those who are attuned to the Truth know peace. ||26||

ਗੁਰਮੁਖਿ ਸਾਚੇ ਕਾ ਭਉ ਪਾਵੈ ॥

gurmukh saachay kaa bha-o paavai.

The Gurmukh lives in the Fear of God, the True Lord.

ਗੁਰਮੁਖਿ ਬਾਣੀ ਅਘੜੁ ਘੜਾਵੈ ॥

gurmukh banee agharh gharhaavai.

Through the Word of the Guru's Bani, the Gurmukh refines the unrefined.

ਗੁਰਮੁਖਿ ਨਿਰਮਲ ਹਰਿ ਗੁਣ ਗਾਵੈ ॥

gurmukh nirmal har gun gaavai.

The Gurmukh sings the immaculate, Glorious Praises of the Lord.

ਗੁਰਮੁਖਿ ਪਵਿਤ੍ਰੁ ਪਰਮ ਪਦੁ ਪਾਵੈ ॥

gurmukh pavitar param pad paavai.

The Gurmukh attains the supreme, sanctified status.

ਗੁਰਮੁਖਿ ਰੋਮਿ ਰੋਮਿ ਹਰਿ ਧਿਆਵੈ ॥

gurmukh rom rom har Dhi-aavai.

The Gurmukh meditates on the Lord with every hair of his body.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਸਾਚਿ ਸਮਾਵੈ ॥੨੭॥

naanak gurmukh saach samaavai. ||27||

O Nanak, the Gurmukh merges in Truth. ||27||

ਗੁਰਮੁਖਿ ਪਰਚੈ ਬੇਦ ਬੀਚਾਰੀ ॥

gurmukh parchai bayd beechaaree.

The Gurmukh is pleasing to the True Guru; this is contemplation on the Vedas.

ਗੁਰਮੁਖਿ ਪਰਚੈ ਤਰੀਐ ਤਾਰੀ ॥

gurmukh parchai taree-ai taaree.

Pleasing the True Guru, the Gurmukh is carried across.

ਗੁਰਮੁਖਿ ਪਰਚੈ ਸੁ ਸਬਦਿ ਗਿਆਨੀ ॥

gurmukh parchai so sabad gi-aanee.

Pleasing the True Guru, the Gurmukh receives the spiritual wisdom of the Shabad.

ਗੁਰਮੁਖਿ ਪਰਚੈ ਅੰਤਰ ਬਿਧਿ ਜਾਨੀ ॥

gurmukh parchai antar biDh jaanee.

Pleasing the True Guru, the Gurmukh comes to know the path within.

ਗੁਰਮੁਖਿ ਪਾਈਐ ਅਲਖ ਅਪਾਰੁ ॥

gurmukh paa-ee-ai alakh apaar.

The Gurmukh attains the unseen and infinite Lord.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਮੁਕਤਿ ਦੁਆਰੁ ॥੨੮॥

naanak gurmukh mukat du-aar. ||28||

O Nanak, the Gurmukh finds the door of liberation. ||28||

ਗੁਰਮੁਖਿ ਅਕਥੁ ਕਥੈ ਬੀਚਾਰਿ ॥

gurmukh akath kathai beechaar.

The Gurmukh speaks the unspoken wisdom.

ਗੁਰਮੁਖਿ ਨਿਬਹੈ ਸਪਰਵਾਰਿ ॥

gurmukh nibhai saparvaar.

In the midst of his family, the Gurmukh lives a spiritual life.

ਗੁਰਮੁਖਿ ਜਪੀਐ ਅੰਤਰਿ ਪਿਆਰਿ ॥

gurmukh japee-ai antar pi-aar.

The Gurmukh lovingly meditates deep within.

ਗੁਰਮੁਖਿ ਪਾਈਐ ਸਬਦਿ ਅਚਾਰਿ ॥

gurmukh paa-ee-ai sabad achaar.

The Gurmukh obtains the Shabad, and righteous conduct.

ਸਬਦਿ ਭੇਦਿ ਜਾਣੈ ਜਾਣਾਈ ॥

sabad bhayd jaanai jaanaa-ee.

He knows the mystery of the Shabad, and inspires others to know it.

ਨਾਨਕ ਹਉਮੈ ਜਾਲਿ ਸਮਾਈ ॥੨੯॥
naanak ha-umai jaal samaa-ee. ||29||
O Nanak, burning away his ego, he merges in the Lord. ||29||

ਗੁਰਮੁਖਿ ਧਰਤੀ ਸਾਚੈ ਸਾਜੀ ॥
gurmukh Dhartee saachai saajee.
The True Lord fashioned the earth for the sake of the Gurmukhs.

ਤਿਸ ਮਹਿ ਓਪਤਿ ਖਪਤਿ ਸੁ ਬਾਜੀ ॥
tis meh opat khapat so baajee.
There, he set in motion the play of creation and destruction.

ਗੁਰ ਕੈ ਸਬਦਿ ਰਪੈ ਰੰਗੁ ਲਾਇ ॥
gur kai sabad rapai rang laa-ay.
One who is filled with the Word of the Guru's Shabad enshrines love for the Lord.

ਸਾਚਿ ਰਤਉ ਪਤਿ ਸਿਉ ਘਰਿ ਜਾਇ ॥
saach rata-o pat si-o ghar jaa-ay.
Attuned to the Truth, he goes to his home with honor.

ਸਾਚ ਸਬਦ ਬਿਨੁ ਪਤਿ ਨਹੀ ਪਾਵੈ ॥
saach sabad bin pat nahee paavai.
Without the True Word of the Shabad, no one receives honor.

ਨਾਨਕ ਬਿਨੁ ਨਾਵੈ ਕਿਉ ਸਾਚਿ ਸਮਾਵੈ ॥੩੦॥
naanak bin naavai ki-o saach samaavai. ||30||
O Nanak, without the Name, how can one be absorbed in Truth? ||30||

ਗੁਰਮੁਖਿ ਅਸਟ ਸਿਧੀ ਸਭਿ ਬੁਧੀ ॥
gurmukh asat siDhee sabh buDhee.
The Gurmukh obtains the eight miraculous spiritual powers, and all wisdom.

ਗੁਰਮੁਖਿ ਭਵਜਲੁ ਤਰੀਐ ਸਚ ਸੁਧੀ ॥
gurmukh bhavjal taree-ai sach suDhee.

The Gurmukh crosses over the terrifying world-ocean, and obtains true understanding.

ਗੁਰਮੁਖਿ ਸਰ ਅਪਸਰ ਬਿਧਿ ਜਾਣੈ ॥
gurmukh sar apsar biDh jaanai.
The Gurmukh knows the ways of truth and untruth.

ਗੁਰਮੁਖਿ ਪਰਵਿਰਤਿ ਨਰਵਿਰਤਿ ਪਛਾਣੈ ॥
gurmukh parvirat narvirat pachhaanai.
The Gurmukh knows worldliness and renunciation.

ਗੁਰਮੁਖਿ ਤਾਰੇ ਪਾਰਿ ਉਤਾਰੇ ॥
gurmukh taaray paar utaaray.
The Gurmukh crosses over, and carries others across as well.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਸਬਦਿ ਨਿਸਤਾਰੇ ॥੩੧॥
naanak gurmukh sabad nistaaray. ||31||
O Nanak, the Gurmukh is emancipated through the Shabad. ||31||

ਨਾਮੇ ਰਾਤੇ ਹਉਮੈ ਜਾਇ ॥
naamay raatay ha-umai jaa-ay.
Attuned to the Naam, the Name of the Lord, egotism is dispelled.

ਨਾਮਿ ਰਤੇ ਸਚਿ ਰਹੇ ਸਮਾਇ ॥
naam ratay sach rahay samaa-ay.
Attuned to the Naam, they remain absorbed in the True Lord.

ਨਾਮਿ ਰਤੇ ਜੋਗ ਜੁਗਤਿ ਬੀਚਾਰੁ ॥
naam ratay jog jugat beechaar.
Attuned to the Naam, they contemplate the Way of Yoga.

ਨਾਮਿ ਰਤੇ ਪਾਵਹਿ ਮੋਖ ਦੁਆਰੁ ॥
naam ratay paavahi mokh du-aar.
Attuned to the Naam, they find the door of liberation.

ਨਾਮਿ ਰਤੇ ਤ੍ਰਿਭਵਣ ਸੋਝੀ ਹੋਇ ॥

naam ratay taribhavan sojhee ho-ay.

Attuned to the Naam, they understand the three worlds.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੩੨॥

naanak naam ratay sadaa sukh ho-ay. ||32||

O Nanak, attuned to the Naam, eternal peace is found. ||32||

ਨਾਮਿ ਰਤੇ ਸਿਧ ਗੋਸਟਿ ਹੋਇ ॥

naam ratay siDh gosat ho-ay.

Attuned to the Naam, they attain Sidh Gosht - conversation with the Siddhas.

ਨਾਮਿ ਰਤੇ ਸਦਾ ਤਪੁ ਹੋਇ ॥

naam ratay sadaa tap ho-ay.

Attuned to the Naam, they practice intense meditation forever.

ਨਾਮਿ ਰਤੇ ਸਚੁ ਕਰਣੀ ਸਾਰੁ ॥

naam ratay sach karnee saar.

Attuned to the Naam, they live the true and excellent lifestyle.

ਨਾਮਿ ਰਤੇ ਗੁਣ ਗਿਆਨ ਬੀਚਾਰੁ ॥

naam ratay gun gi-aan beechaar.

Attuned to the Naam, they contemplate the Lord's virtues and spiritual wisdom.

ਬਿਨੁ ਨਾਵੈ ਬੋਲੈ ਸਭੁ ਵੇਕਾਰੁ ॥

bin naavai bolai sabh vaykaar.

Without the Name, all that is spoken is useless.

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਤਿਨ ਕਉ ਜੈਕਾਰੁ ॥੩੩॥

naanak naam ratay tin ka-o jaikaar. ||33||

O Nanak, attuned to the Naam, their victory is celebrated. ||33||

ਪੂਰੇ ਗੁਰ ਤੇ ਨਾਮੁ ਪਾਇਆ ਜਾਇ ॥

pooray gur tay naam paa-i-aa jaa-ay.

Through the Perfect Guru, one obtains the Naam, the Name of the Lord.

ਜੋਗ ਜੁਗਤਿ ਸਚਿ ਰਹੈ ਸਮਾਇ ॥

jog jugat sach rahai samaa-ay.
The Way of Yoga is to remain absorbed in Truth.

ਬਾਰਹ ਮਹਿ ਜੋਗੀ ਭਰਮਾਏ ਸੰਨਿਆਸੀ ਛਿਅ ਚਾਰਿ ॥

baarah meh jogee bharmaa-ay sani-aasee chhi-a chaar.
The Yogis wander in the twelve schools of Yoga; the Sannyaasis in six and four.

ਗੁਰ ਕੈ ਸਬਦਿ ਜੋ ਮਰਿ ਜੀਵੈ ਸੋ ਪਾਏ ਮੋਖ ਦੁਆਰੁ ॥

gur kai sabad jo mar jeevai so paa-ay mokh du-aar.
One who remains dead while yet alive, through the Word of the Guru's Shabad, finds the door of liberation.

ਬਿਨੁ ਸਬਦੈ ਸਭਿ ਦੂਜੈ ਲਾਗੇ ਦੇਖਹੁ ਰਿਦੈ ਬੀਚਾਰਿ ॥

bin sabdai sabh doojai laagay daykhhu ridai beechaar.
Without the Shabad, all are attached to duality. Contemplate this in your heart, and see.

ਨਾਨਕ ਵਡੇ ਸੇ ਵਡਭਾਗੀ ਜਿਨੀ ਸਚੁ ਰਖਿਆ ਉਰ ਧਾਰਿ ॥੩੪॥

naanak vaday say vadbhaagee jinee sach rakhi-aa ur Dhaar. ||34||
O Nanak, blessed and very fortunate are those who keep the True Lord enshrined in their hearts. ||34||

ਗੁਰਮੁਖਿ ਰਤਨੁ ਲਹੈ ਲਿਵ ਲਾਇ ॥

gurmukh ratan lahai liv laa-ay.
The Gurmukh obtains the jewel, lovingly focused on the Lord.

ਗੁਰਮੁਖਿ ਪਰਖੈ ਰਤਨੁ ਸੁਭਾਇ ॥

gurmukh parkhai ratan subhaa-ay.
The Gurmukh intuitively recognizes the value of this jewel.

ਗੁਰਮੁਖਿ ਸਾਚੀ ਕਾਰ ਕਮਾਇ ॥
gurmukh saachee kaar kamaa-ay.
The Gurmukh practices Truth in action.

ਗੁਰਮੁਖਿ ਸਾਚੇ ਮਨੁ ਪਤੀਆਇ ॥
gurmukh saachay man patee-aa-ay.
The mind of the Gurmukh is pleased with the True Lord.

ਗੁਰਮੁਖਿ ਅਲਖੁ ਲਖਾਏ ਤਿਸੁ ਭਾਵੈ ॥
gurmukh alakh lakhaa-ay tis bhaavai.
The Gurmukh sees the unseen, when it pleases the Lord.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਚੋਟ ਨ ਖਾਵੈ ॥੩੫॥
naanak gurmukh chot na khaavai. ||35||
O Nanak, the Gurmukh does not have to endure punishment. ||35||

ਗੁਰਮੁਖਿ ਨਾਮੁ ਦਾਨੁ ਇਸਨਾਨੁ ॥
gurmukh naam daan isnaan.
The Gurmukh is blessed with the Name, charity and purification.

ਗੁਰਮੁਖਿ ਲਾਗੈ ਸਹਜਿ ਧਿਆਨੁ ॥
gurmukh laagai sahj Dhi-aan.
The Gurmukh centers his meditation on the celestial Lord.

ਗੁਰਮੁਖਿ ਪਾਵੈ ਦਰਗਹ ਮਾਨੁ ॥
gurmukh paavai dargeh maan.
The Gurmukh obtains honor in the Court of the Lord.

ਗੁਰਮੁਖਿ ਭਉ ਭੰਜਨੁ ਪਰਧਾਨੁ ॥
gurmukh bha-o bhanjan parDhaan.
The Gurmukh obtains the Supreme Lord, the Destroyer of fear.

ਗੁਰਮੁਖਿ ਕਰਣੀ ਕਾਰ ਕਰਾਏ ॥
gurmukh karnee kaar karaa-ay.
The Gurmukh does good deeds, an inspires others to do so.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਮੇਲਿ ਮਿਲਾਏ ॥੩੬॥
naanak gurmukh mayl milaa-ay. ||36||
O Nanak, the Gurmukh unites in the Lord's Union. ||36||

ਗੁਰਮੁਖਿ ਸਾਸਤ੍ਰ ਸਿਮ੍ਰਿਤਿ ਬੇਦ ॥
gurmukh saastar simrit bayd.
The Gurmukh understands the Simritees, the Shaastras and the Vedas.

ਗੁਰਮੁਖਿ ਪਾਵੈ ਘਟਿ ਘਟਿ ਭੇਦ ॥
gurmukh paavai ghat ghat bhayd.
The Gurmukh knows the secrets of each and every heart.

ਗੁਰਮੁਖਿ ਵੈਰ ਵਿਰੋਧ ਗਵਾਵੈ ॥
gurmukh vair viroDh gavaavai.
The Gurmukh eliminates hate and envy.

ਗੁਰਮੁਖਿ ਸਗਲੀ ਗਣਤ ਮਿਟਾਵੈ ॥
gurmukh saglee ganat mitaavai.
The Gurmukh erases all accounting.

ਗੁਰਮੁਖਿ ਰਾਮ ਨਾਮ ਰੰਗਿ ਰਾਤਾ ॥
gurmukh raam naam rang raataa.
The Gurmukh is imbued with love for the Lord's Name.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਖਸਮੁ ਪਛਾਤਾ ॥੩੭॥
naanak gurmukh khasam pachhaataa. ||37||
O Nanak, the Gurmukh realizes his Lord and Master. ||37||

ਬਿਨੁ ਗੁਰ ਭਰਮੈ ਆਵੈ ਜਾਇ ॥
bin gur bharmai aavai jaa-ay.
Without the Guru, one wanders, coming and going in reincarnation.

ਬਿਨੁ ਗੁਰ ਘਾਲ ਨ ਪਵਈ ਥਾਇ ॥
bin gur ghaal na pav-ee thaa-ay.
Without the Guru, one's work is useless.

ਬਿਨੁ ਗੁਰ ਮਨੂਆ ਅਤਿ ਡੋਲਾਇ ॥

bin gur manoo-aa at dolaa-ay.

Without the Guru, the mind is totally unsteady.

ਬਿਨੁ ਗੁਰ ਤ੍ਰਿਪਤਿ ਨਹੀ ਬਿਖੁ ਖਾਇ ॥

bin gur taripat nahee bikh khaa-ay.

Without the Guru, one is unsatisfied, and eats poison.

ਬਿਨੁ ਗੁਰ ਬਿਸੀਅਰੁ ਡਸੈ ਮਰਿ ਵਾਟ ॥

bin gur bisee-ar dasai mar vaat.

Without the Guru, one is stung by the poisonous snake of Maya, and dies.

ਨਾਨਕ ਗੁਰ ਬਿਨੁ ਘਾਟੇ ਘਾਟ ॥੩੮॥

naanak gur bin ghaatay ghaat. ||38||

O Nanak without the Guru, all is lost. ||38||

ਜਿਸੁ ਗੁਰੁ ਮਿਲੈ ਤਿਸੁ ਪਾਰਿ ਉਤਾਰੈ ॥

jis gur milai tis paar utaarai.

One who meets the Guru is carried across.

ਅਵਗਣ ਮੇਟੈ ਗੁਣਿ ਨਿਸਤਾਰੈ ॥

avgan maytai gun nistaarai.

His sins are erased, and he is emancipated through virtue.

ਮੁਕਤਿ ਮਹਾ ਸੁਖ ਗੁਰ ਸਬਦੁ ਬੀਚਾਰਿ ॥

mukat mahaa sukh gur sabad beechaar.

The supreme peace of liberation is attained, contemplating the Word of the Guru's Shabad.

ਗੁਰਮੁਖਿ ਕਦੇ ਨ ਆਵੈ ਹਾਰਿ ॥

gurmukh kaday na aavai haar.

The Gurmukh is never defeated.

ਤਨੁ ਹਟੜੀ ਇਹੁ ਮਨੁ ਵਣਜਾਰਾ ॥

tan hatrhee ih man vanjaaraa.

In the store of the body, this mind is the merchant;

ਨਾਨਕ ਸਹਜੇ ਸਚੁ ਵਾਪਾਰਾ ॥੩੯॥
naanak sehjay sach vaapaaraa. ||39||
O Nanak, it deals intuitively in Truth. ||39||

ਗੁਰਮੁਖਿ ਬਾਂਧਿਓ ਸੇਤੁ ਬਿਧਾਤੈ ॥
gurmukh baaNDhi-o sayt biDhaatai.
The Gurmukh is the bridge, built by the Architect of Destiny.

ਲੰਕਾ ਲੂਟੀ ਦੈਤ ਸੰਤਾਪੈ ॥
lankaa lootee dait santaapai.
The demons of passion which plundered Sri Lanka - the body - have been conquered.

ਰਾਮਚੰਦਿ ਮਾਰਿਓ ਅਹਿ ਰਾਵਣੁ ॥
raamchand maari-o ah raavan.
Ram Chand - the mind - has slaughtered Raawan - pride;

ਭੇਦੁ ਬਭੀਖਣ ਗੁਰਮੁਖਿ ਪਰਚਾਇਣੁ ॥
bhayd babheekhan gurmukh parchaa-in.
the Gurmukh understands the secret revealed by Babheekhan.

ਗੁਰਮੁਖਿ ਸਾਇਰਿ ਪਾਹਣ ਤਾਰੇ ॥
gurmukh saa-ir paahan taaray.
The Gurmukh carries even stones across the ocean.

ਗੁਰਮੁਖਿ ਕੋਟਿ ਤੇਤੀਸ ਉਧਾਰੇ ॥੪੦॥
gurmukh kot taytees uDhaaray. ||40||
The Gurmukh saves millions of people. ||40||

ਗੁਰਮੁਖਿ ਚੂਕੈ ਆਵਣ ਜਾਣੁ ॥
gurmukh chookai aavan jaan.
The comings and goings in reincarnation are ended for the Gurmukh.

ਗੁਰਮੁਖਿ ਦਰਗਹ ਪਾਵੈ ਮਾਣੁ ॥
gurmukh dargeh paavai maan.
The Gurmukh is honored in the Court of the Lord.

ਗੁਰਮੁਖਿ ਖੋਟੇ ਖਰੇ ਪਛਾਣੁ ॥
gurmukh khotay kharay pachhaan.
The Gurmukh distinguishes the true from the false.

ਗੁਰਮੁਖਿ ਲਾਗੈ ਸਹਜਿ ਧਿਆਨੁ ॥
gurmukh laagai sahj Dhi-aan.
The Gurmukh focuses his meditation on the celestial Lord.

ਗੁਰਮੁਖਿ ਦਰਗਹ ਸਿਫਤਿ ਸਮਾਇ ॥
gurmukh dargeh sifat samaa-ay.
In the Court of the Lord, the Gurmukh is absorbed in His Praises.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਬੰਧੁ ਨ ਪਾਇ ॥੪੧॥
naanak gurmukh banDh na paa-ay. ||41||
O Nanak, the Gurmukh is not bound by bonds. ||41||

ਗੁਰਮੁਖਿ ਨਾਮੁ ਨਿਰੰਜਨ ਪਾਏ ॥
gurmukh naam niranjan paa-ay.
The Gurmukh obtains the Name of the Immaculate Lord.

ਗੁਰਮੁਖਿ ਹਉਮੈ ਸਬਦਿ ਜਲਾਏ ॥
gurmukh ha-umai sabad jalaa-ay.
Through the Shabad, the Gurmukh burns away his ego.

ਗੁਰਮੁਖਿ ਸਾਚੇ ਕੇ ਗੁਣ ਗਾਏ ॥
gurmukh saachay kay gun gaa-ay.
The Gurmukh sings the Glorious Praises of the True Lord.

ਗੁਰਮੁਖਿ ਸਾਚੈ ਰਹੈ ਸਮਾਏ ॥
gurmukh saachai rahai samaa-ay.
The Gurmukh remains absorbed in the True Lord.

ਗੁਰਮੁਖਿ ਸਾਚਿ ਨਾਮਿ ਪਤਿ ਊਤਮ ਹੋਇ ॥
gurmukh saach naam pat ootam ho-ay.
Through the True Name, the Gurmukh is honored and exalted.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਸਗਲ ਭਵਣ ਕੀ ਸੋਝੀ ਹੋਇ ॥੪੨॥
naanak gurmukh sagal bhavan kee sojhee ho-ay. ||42||
O Nanak, the Gurmukh understands all the worlds. ||42||

ਕਵਣ ਮੂਲੁ ਕਵਣ ਮਤਿ ਵੇਲਾ ॥
kavan mool kavan mat vaylaa.
"What is the root, the source of all? What teachings hold for these times?

ਤੇਰਾ ਕਵਣੁ ਗੁਰੂ ਜਿਸ ਕਾ ਤੂ ਚੇਲਾ ॥
tayraa kavan guroo jis kaa too chaylaa.
Who is your guru? Whose disciple are you?

ਕਵਣ ਕਥਾ ਲੇ ਰਹਹੁ ਨਿਰਾਲੇ ॥
kavan kathaa lay rahhu niraalay.
What is that speech, by which you remain unattached?

ਬੋਲੈ ਨਾਨਕੁ ਸੁਣਹੁ ਤੁਮ ਬਾਲੇ ॥
bolai naanak sunhu tum baalay.
Listen to what we say, O Nanak, you little boy.

ਏਸੁ ਕਥਾ ਕਾ ਦੇਇ ਬੀਚਾਰੁ ॥
ays kathaa kaa day-ay beechaar.
Give us your opinion on what we have said.

ਭਵਜਲੁ ਸਬਦਿ ਲੰਘਾਵਣਹਾਰੁ ॥੪੩॥
bhavjal sabad langhaavanhaar. ||43||
How can the Shabad carry us across the terrifying world-ocean?"||43||

ਪਵਨ ਅਰੰਭੁ ਸਤਿਗੁਰ ਮਤਿ ਵੇਲਾ ॥
pavan arambh satgur mat vaylaa.
From the air came the beginning. This is the age of the True Guru's Teachings.

ਸਬਦੁ ਗੁਰੂ ਸੁਰਤਿ ਧੁਨਿ ਚੇਲਾ ॥
sabad guroo surat Dhun chaylaa.

The Shabad is the Guru, upon whom I lovingly focus my consciousness; I am the chaylaa, the disciple.

ਅਕਥ ਕਥਾ ਲੇ ਰਹਉ ਨਿਰਾਲਾ ॥
akath kathaa lay raha-o niraalaa.
Speaking the Unspoken Speech, I remain unattached.

ਨਾਨਕ ਜੁਗਿ ਜੁਗਿ ਗੁਰ ਗੋਪਾਲਾ ॥
naanak jug jug gur gopaalaa.
O Nanak, throughout the ages, the Lord of the World is my Guru.

ਏਕੁ ਸਬਦੁ ਜਿਤੁ ਕਥਾ ਵੀਚਾਰੀ ॥
ayk sabad jit kathaa veechaaree.
I contemplate the sermon of the Shabad, the Word of the One God.

ਗੁਰਮੁਖਿ ਹਉਮੈ ਅਗਨਿ ਨਿਵਾਰੀ ॥੪੪॥
gurmukh ha-umai agan nivaaree. ||44||
The Gurmukh puts out the fire of egotism. ||44||

ਮੈਣ ਕੇ ਦੰਤ ਕਿਉ ਖਾਈਐ ਸਾਰੁ ॥
main kay dant ki-o khaa-ee-ai saar.
"With teeth of wax, how can one chew iron?

ਜਿਤੁ ਗਰਬੁ ਜਾਇ ਸੁ ਕਵਣੁ ਆਹਾਰੁ ॥
jit garab jaa-ay so kavan aahaar.
What is that food, which takes away pride?

ਹਿਵੈ ਕਾ ਘਰੁ ਮੰਦਰੁ ਅਗਨਿ ਪਿਰਾਹਨੁ ॥
hivai kaa ghar mandar agan piraahan.
How can one live in the palace, the home of snow, wearing robes of fire?

ਕਵਨ ਗੁਫਾ ਜਿਤੁ ਰਹੈ ਅਵਾਹਨੁ ॥
kavan gufaa jit rahai avaahan.
Where is that cave, within which one may remain unshaken?

ਇਤ ਉਤ ਕਿਸ ਕਉ ਜਾਣਿ ਸਮਾਵੈ ॥

i<u>t</u> u<u>t</u> kis ka-o jaa<u>n</u> samaavai.

Who should we know to be pervading here and there?

ਕਵਨ ਧਿਆਨੁ ਮਨੁ ਮਨਹਿ ਸਮਾਵੈ ॥੪੫॥

kavan <u>Dh</u>i-aan man maneh samaavai. ||45||

What is that meditation, which leads the mind to be absorbed in itself?"||45||

ਹਉ ਹਉ ਮੈ ਮੈ ਵਿਚਹੁ ਖੋਵੈ ॥

ha-o ha-o mai mai vichahu <u>kh</u>ovai.

Eradicating egotism and individualism from within,

ਦੂਜਾ ਮੇਟੈ ਏਕੋ ਹੋਵੈ ॥

<u>d</u>oojaa maytai ayko hovai.

and erasing duality, the mortal becomes one with God.

ਜਗੁ ਕਰੜਾ ਮਨਮੁਖੁ ਗਾਵਾਰੁ ॥

jag kar<u>rh</u>aa manmu<u>kh</u> gaavaar.

The world is difficult for the foolish, self-willed manmukh;

ਸਬਦੁ ਕਮਾਈਐ ਖਾਈਐ ਸਾਰੁ ॥

saba<u>d</u> kamaa-ee-ai <u>kh</u>aa-ee-ai saar.

practicing the Shabad, one chews iron.

ਅੰਤਰਿ ਬਾਹਰਿ ਏਕੋ ਜਾਣੈ ॥

an<u>t</u>ar baahar ayko jaa<u>n</u>ai.

Know the One Lord, inside and out.

ਨਾਨਕ ਅਗਨਿ ਮਰੈ ਸਤਿਗੁਰ ਕੈ ਭਾਣੈ ॥੪੬॥

naanak agan marai sa<u>t</u>gur kai <u>bh</u>aa<u>n</u>ai. ||46||

O Nanak, the fire is quenched, through the Pleasure of the True Guru's Will. ||46||

ਸਚ ਭੈ ਰਾਤਾ ਗਰਬੁ ਨਿਵਾਰੈ ॥

sach <u>bh</u>ai raa<u>t</u>aa garab nivaarai.

Imbued with the True Fear of God, pride is taken away;

ਏਕੋ ਜਾਤਾ ਸਬਦੁ ਵੀਚਾਰੈ ॥

ayko jaataa sabad veechaarai.

realize that He is One, and contemplate the Shabad.

ਸਬਦੁ ਵਸੈ ਸਚੁ ਅੰਤਰਿ ਹੀਆ ॥

sabad vasai sach antar hee-aa.

With the True Shabad abiding deep within the heart,

ਤਨੁ ਮਨੁ ਸੀਤਲੁ ਰੰਗਿ ਰੰਗੀਆ ॥

tan man seetal rang rangee-aa.

the body and mind are cooled and soothed, and colored with the Lord's Love.

ਕਾਮੁ ਕ੍ਰੋਧੁ ਬਿਖੁ ਅਗਨਿ ਨਿਵਾਰੇ ॥

kaam kroDh bikh agan nivaaray.

The fire of sexual desire, anger and corruption is quenched.

ਨਾਨਕ ਨਦਰੀ ਨਦਰਿ ਪਿਆਰੇ ॥੪੭॥

naanak nadree nadar pi-aaray. ||47||

O Nanak, the Beloved bestows His Glance of Grace. ||47||

ਕਵਨ ਮੁਖਿ ਚੰਦੁ ਹਿਵੈ ਘਰੁ ਛਾਇਆ ॥

kavan mukh chand hivai ghar chhaa-i-aa.

"The moon of the mind is cool and dark; how is it enlightened?

ਕਵਨ ਮੁਖਿ ਸੂਰਜੁ ਤਪੈ ਤਪਾਇਆ ॥

kavan mukh sooraj tapai tapaa-i-aa.

How does the sun blaze so brilliantly?

ਕਵਨ ਮੁਖਿ ਕਾਲੁ ਜੋਹਤ ਨਿਤ ਰਹੈ ॥

kavan mukh kaal johat nit rahai.

How can the constant watchful gaze of Death be turned away?

ਕਵਨ ਬੁਧਿ ਗੁਰਮੁਖਿ ਪਤਿ ਰਹੈ ॥

kavan buDh gurmukh pat rahai.

By what understanding is the honor of the Gurmukh preserved?

ਕਵਨੁ ਜੋਧੁ ਜੋ ਕਾਲੁ ਸੰਘਾਰੈ ॥
kavan joDh jo kaal sanghaarai.
Who is the warrior, who conquers Death?

ਬੋਲੈ ਬਾਣੀ ਨਾਨਕੁ ਬੀਚਾਰੈ ॥੪੮॥
bolai banee naanak beechaarai. ||48||
Give us your thoughtful reply, O Nanak."||48||

ਸਬਦੁ ਭਾਖਤ ਸਸਿ ਜੋਤਿ ਅਪਾਰਾ ॥
sabad bhaakhat sas jot apaaraa.
Giving voice to the Shabad, the moon of the mind is illuminated with infinity.

ਸਸਿ ਘਰਿ ਸੂਰੁ ਵਸੈ ਮਿਟੈ ਅੰਧਿਆਰਾ ॥
sas ghar soor vasai mitai anDhi-aaraa.
When the sun dwells in the house of the moon, the darkness is dispelled.

ਸੁਖੁ ਦੁਖੁ ਸਮ ਕਰਿ ਨਾਮੁ ਅਧਾਰਾ ॥
sukh dukh sam kar naam aDhaaraa.
Pleasure and pain are just the same, when one takes the Support of the Naam, the Name of the Lord.

ਆਪੇ ਪਾਰਿ ਉਤਾਰਣਹਾਰਾ ॥
aapay paar utaaranhaaraa.
He Himself saves, and carries us across.

ਗੁਰ ਪਰਚੈ ਮਨੁ ਸਾਚਿ ਸਮਾਇ ॥
gur parchai man saach samaa-ay.
With faith in the Guru, the mind merges in Truth,

ਪ੍ਰਣਵਤਿ ਨਾਨਕੁ ਕਾਲੁ ਨ ਖਾਇ ॥੪੯॥
paranvat naanak kaal na khaa-ay. ||49||
and then, prays Nanak, one is not consumed by Death. ||49||

ਨਾਮ ਤਤੁ ਸਭ ਹੀ ਸਿਰਿ ਜਾਪੈ ॥
naam tat sabh hee sir jaapai.

The essence of the Naam, the Name of the Lord, is known to be the most exalted and excellent of all.

ਬਿਨੁ ਨਾਵੈ ਦੁਖੁ ਕਾਲੁ ਸੰਤਾਪੈ ॥

bin naavai dukh kaal santaapai.

Without the Name, one is afflicted by pain and death.

ਤਤੋ ਤਤੁ ਮਿਲੈ ਮਨੁ ਮਾਨੈ ॥

tato tat milai man maanai.

When one's essence merges into the essence, the mind is satisfied and fulfilled.

ਦੂਜਾ ਜਾਇ ਇਕਤੁ ਘਰਿ ਆਨੈ ॥

doojaa jaa-ay ikat ghar aanai.

Duality is gone, and one enters into the home of the One Lord.

ਬੋਲੈ ਪਵਨਾ ਗਗਨੁ ਗਰਜੈ ॥

bolai pavnaa gagan garjai.

The breath blows across the sky of the Tenth Gate and vibrates.

ਨਾਨਕ ਨਿਹਚਲੁ ਮਿਲਣੁ ਸਹਜੈ ॥੫੦॥

naanak nihchal milan sahjai. ||50||

O Nanak, the mortal then intuitively meets the eternal, unchanging Lord. ||50||

ਅੰਤਰਿ ਸੁੰਨੰ ਬਾਹਰਿ ਸੁੰਨੰ ਤ੍ਰਿਭਵਣ ਸੁੰਨ ਮਸੁੰਨੰ ॥

antar suna^{N} baahar suna^{N} taribhavan sunn masu^{N}na^{N}.

The absolute Lord is deep within; the absolute Lord is outside us as well. The absolute Lord totally fills the three worlds.

ਚਉਥੇ ਸੁੰਨੈ ਜੋ ਨਰੁ ਜਾਣੈ ਤਾ ਕਉ ਪਾਪੁ ਨ ਪੁੰਨੰ ॥

cha-uthay sunnai jo nar jaanai taa ka-o paap na pu^{N}na^{N}.

One who knows the Lord in the fourth state, is not subject to virtue or vice.

ਘਟਿ ਘਟਿ ਸੁੰਨ ਕਾ ਜਾਣੈ ਭੇਉ ॥ ਆਦਿ ਪੁਰਖੁ ਨਿਰੰਜਨ ਦੇਉ ॥

ghat ghat sunn kaa jaanai bhay-o. aad purakh niranjan day-o.

One who knows the mystery of God the Absolute, who pervades each and every heart, knows the Primal Being, the Immaculate Divine Lord.

ਜੋ ਜਨੁ ਨਾਮ ਨਿਰੰਜਨ ਰਾਤਾ ॥

jo jan naam niranjan raataa.

That humble being who is imbued with the Immaculate Naam,

ਨਾਨਕ ਸੋਈ ਪੁਰਖੁ ਬਿਧਾਤਾ ॥੫੧॥

naanak so-ee purakh biDhaataa. ||51||

O Nanak, is himself the Primal Lord, the Architect of Destiny. ||51||

ਸੁੰਨੋ ਸੁੰਨੁ ਕਹੈ ਸਭੁ ਕੋਈ ॥

sunno sunn kahai sabh ko-ee.

"Everyone speaks of the Absolute Lord, the unmanifest void.

ਅਨਹਤ ਸੁੰਨੁ ਕਹਾ ਤੇ ਹੋਈ ॥

anhat sunn kahaa tay ho-ee.

How can one find this absolute void?

ਅਨਹਤ ਸੁੰਨਿ ਰਤੇ ਸੇ ਕੈਸੇ ॥

anhat sunn ratay say kaisay.

Who are they, who are attuned to this absolute void?"

ਜਿਸ ਤੇ ਉਪਜੇ ਤਿਸ ਹੀ ਜੈਸੇ ॥

jis tay upjay tis hee jaisay.

They are like the Lord, from whom they originated.

ਓਇ ਜਨਮਿ ਨ ਮਰਹਿ ਨ ਆਵਹਿ ਜਾਹਿ ॥

o-ay janam na mareh na aavahi jaahi.

They are not born, they do not die; they do not come and go.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਮਨੁ ਸਮਝਾਹਿ ॥੫੨॥

naanak gurmukh man samjhaahi. ||52||

O Nanak, the Gurmukhs instruct their minds. ||52||

ਨਉ ਸਰ ਸੁਭਰ ਦਸਵੈ ਪੂਰੇ ॥
na-o sar subhar dasvai pooray.
By practicing control over the nine gates, one attains perfect control over the Tenth Gate.

ਤਹ ਅਨਹਤ ਸੁੰਨ ਵਜਾਵਹਿ ਤੂਰੇ ॥
tah anhat sunn vajaavah tooray.
There, the unstruck sound current of the absolute Lord vibrates and resounds.

ਸਾਚੈ ਰਾਚੇ ਦੇਖਿ ਹਜੂਰੇ ॥
saachai raachay daykh hajooray.
Behold the True Lord ever-present, and merge with Him.

ਘਟਿ ਘਟਿ ਸਾਚੁ ਰਹਿਆ ਭਰਪੂਰੇ ॥
ghat ghat saach rahi-aa bharpooray.
The True Lord is pervading and permeating each and every heart.

ਗੁਪਤੀ ਬਾਣੀ ਪਰਗਟੁ ਹੋਇ ॥
guptee banee pargat ho-ay.
The hidden Bani of the Word is revealed.

ਨਾਨਕ ਪਰਖਿ ਲਏ ਸਚੁ ਸੋਇ ॥੫੩॥
naanak parakh la-ay sach so-ay. ||53||
O Nanak, the True Lord is revealed and known. ||53||

ਸਹਜ ਭਾਇ ਮਿਲੀਐ ਸੁਖੁ ਹੋਵੈ ॥
sahj bhaa-ay milee-ai sukh hovai.
Meeting with the Lord through intuition and love, peace is found.

ਗੁਰਮੁਖਿ ਜਾਗੈ ਨੀਦ ਨ ਸੋਵੈ ॥
gurmukh jaagai need na sovai.
The Gurmukh remains awake and aware; he does not fall sleep.

ਸੁੰਨ ਸਬਦੁ ਅਪਰੰਪਰਿ ਧਾਰੈ ॥
sunn sabad aprampar Dhaarai.
He enshrines the unlimited, absolute Shabad deep within.

ਕਹਤੇ ਮੁਕਤੁ ਸਬਦਿ ਨਿਸਤਾਰੈ ॥
kahtay mukat sabad nistaarai.
Chanting the Shabad, he is liberated, and saves others as well.

ਗੁਰ ਕੀ ਦੀਖਿਆ ਸੇ ਸਚਿ ਰਾਤੇ ॥
gur kee deekhi-aa say sach raatay.
Those who practice the Guru's Teachings are attuned to the Truth.

ਨਾਨਕ ਆਪੁ ਗਵਾਇ ਮਿਲਣ ਨਹੀ ਭ੍ਰਾਤੇ ॥੫੪॥
naanak aap gavaa-ay milan nahee bharaatay. ||54||
O Nanak, those who eradicate their self-conceit meet with the Lord; they do not remain separated by doubt. ||54||

ਕੁਬੁਧਿ ਚਵਾਵੈ ਸੋ ਕਿਤੁ ਠਾਇ ॥
kubuDh chavaavai so kit thaa-ay.
"Where is that place, where evil thoughts are destroyed?

ਕਿਉ ਤਤੁ ਨ ਬੂਝੈ ਚੋਟਾ ਖਾਇ ॥
ki-o tat na boojhai chotaa khaa-ay.
The mortal does not understand the essence of reality; why must he suffer in pain?"

ਜਮ ਦਰਿ ਬਾਧੇ ਕੋਇ ਨ ਰਾਖੈ ॥
jam dar baaDhay ko-ay na raakhai.
No one can save one who is tied up at Death's door.

ਬਿਨੁ ਸਬਦੈ ਨਾਹੀ ਪਤਿ ਸਾਖੈ ॥
bin sabdai naahee pat saakhai.
Without the Shabad, no one has any credit or honor.

ਕਿਉ ਕਰਿ ਬੂਝੈ ਪਾਵੈ ਪਾਰੁ ॥
ki-o kar boojhai paavai paar.
"How can one obtain understanding and cross over?"

ਨਾਨਕ ਮਨਮੁਖਿ ਨ ਬੁਝੈ ਗਵਾਰੁ ॥੫੫॥
naanak manmukh na bujhai gavaar. ||55||

O Nanak, the foolish self-willed manmukh does not understand. ||55||

ਕੁਬੁਧਿ ਮਿਟੈ ਗੁਰ ਸਬਦੁ ਬੀਚਾਰਿ ॥
kubuDh mitai gur sabad beechaar.
Evil thoughts are erased, contemplating the Word of the Guru's Shabad.

ਸਤਿਗੁਰੁ ਭੇਟੈ ਮੋਖ ਦੁਆਰ ॥
satgur bhaytai mokh du-aar.
Meeting with the True Guru, the door of liberation is found.

ਤਤੁ ਨ ਚੀਨੈ ਮਨਮੁਖੁ ਜਲਿ ਜਾਇ ॥
tat na cheenai manmukh jal jaa-ay.
The self-willed manmukh does not understand the essence of reality, and is burnt to ashes.

ਦੁਰਮਤਿ ਵਿਛੁੜਿ ਚੋਟਾ ਖਾਇ ॥
durmat vichhurh chotaa khaa-ay.
His evil-mindedness separates him from the Lord, and he suffers.

ਮਾਨੈ ਹੁਕਮੁ ਸਭੇ ਗੁਣ ਗਿਆਨ ॥
maanai hukam sabhay gun gi-aan.
Accepting the Hukam of the Lord's Command, he is blessed with all virtues and spiritual wisdom.

ਨਾਨਕ ਦਰਗਹ ਪਾਵੈ ਮਾਨੁ ॥੫੬॥
naanak dargeh paavai maan. ||56||
O Nanak, he is honored in the Court of the Lord. ||56||

ਸਾਚੁ ਵਖਰੁ ਧਨੁ ਪਲੈ ਹੋਇ ॥
saach vakhar Dhan palai ho-ay.
One who possesses the merchandise, the wealth of the True Name,

ਆਪਿ ਤਰੈ ਤਾਰੇ ਭੀ ਸੋਇ ॥
aap tarai taaray bhee so-ay.
crosses over, and carries others across with him as well.

ਸਹਜਿ ਰਤਾ ਬੂਝੈ ਪਤਿ ਹੋਇ ॥

sahj rataa boojhai pat ho-ay.

One who intuitively understands, and is attuned to the Lord, is honored.

ਤਾ ਕੀ ਕੀਮਤਿ ਕਰੈ ਨ ਕੋਇ ॥

taa kee keemat karai na ko-ay.

No one can estimate his worth.

ਜਹ ਦੇਖਾ ਤਹ ਰਹਿਆ ਸਮਾਇ ॥

jah daykhaa tah rahi-aa samaa-ay.

Wherever I look, I see the Lord permeating and pervading.

ਨਾਨਕ ਪਾਰਿ ਪਰੈ ਸਚ ਭਾਇ ॥੫੭॥

naanak paar parai sach bhaa-ay. ||57||

O Nanak, through the Love of the True Lord, one crosses over. ||57||

ਸੁ ਸਬਦ ਕਾ ਕਹਾ ਵਾਸੁ ਕਥੀਅਲੇ ਜਿਤੁ ਤਰੀਐ ਭਵਜਲੁ ਸੰਸਾਰੋ ॥

so sabad kaa kahaa vaas kathee-alay jit taree-ai bhavjal sansaaro.

"Where is the Shabad said to dwell? What will carry us across the terrifying world-ocean?

ਤ੍ਰੈ ਸਤ ਅੰਗੁਲ ਵਾਈ ਕਹੀਐ ਤਿਸੁ ਕਹੁ ਕਵਨੁ ਅਧਾਰੋ ॥

tarai sat angul vaa-ee kahee-ai tis kaho kavan aDhaaro.

The breath, when exhaled, extends out ten finger lengths; what is the support of the breath?

ਬੋਲੈ ਖੇਲੈ ਅਸਥਿਰੁ ਹੋਵੈ ਕਿਉ ਕਰਿ ਅਲਖੁ ਲਖਾਏ ॥

bolai khaylai asthir hovai ki-o kar alakh lakhaa-ay.

Speaking and playing, how can one be stable and steady? How can the unseen be seen?"

ਸੁਣਿ ਸੁਆਮੀ ਸਚੁ ਨਾਨਕੁ ਪ੍ਰਣਵੈ ਅਪਣੇ ਮਨ ਸਮਝਾਏ ॥

sun su-aamee sach naanak paranvai apnay man samjhaa-ay.

Listen, O master; Nanak prays truly. Instruct your own mind.

ਗੁਰਮੁਖਿ ਸਬਦੇ ਸਚਿ ਲਿਵ ਲਾਗੈ ਕਰਿ ਨਦਰੀ ਮੇਲਿ ਮਿਲਾਏ ॥
gurmukh sabday sach liv laagai kar nadree mayl milaa-ay.
The Gurmukh is lovingly attuned to the True Shabad. Bestowing His Glance of Grace, He unites us in His Union.

ਆਪੇ ਦਾਨਾ ਆਪੇ ਬੀਨਾ ਪੂਰੈ ਭਾਗਿ ਸਮਾਏ ॥੫੮॥
aapay daanaa aapay beenaa poorai bhaag samaa-ay. ||58||
He Himself is all-knowing and all-seeing. By perfect destiny, we merge in Him. ||58||

ਸੁ ਸਬਦ ਕਉ ਨਿਰੰਤਰਿ ਵਾਸੁ ਅਲਖੰ ਜਹ ਦੇਖਾ ਤਹ ਸੋਈ ॥
so sabad ka-o nirantar vaas alkha^N jah daykhaa tah so-ee.
That Shabad dwells deep within the nucleus of all beings. God is invisible; wherever I look, there I see Him.

ਪਵਨ ਕਾ ਵਾਸਾ ਸੁੰਨ ਨਿਵਾਸਾ ਅਕਲ ਕਲਾ ਧਰ ਸੋਈ ॥
pavan kaa vaasaa sunn nivaasaa akal kalaa Dhar so-ee.
The air is the dwelling place of the absolute Lord. He has no qualities; He has all qualities.

ਨਦਰਿ ਕਰੇ ਸਬਦੁ ਘਟ ਮਹਿ ਵਸੈ ਵਿਚਹੁ ਭਰਮੁ ਗਵਾਏ ॥
nadar karay sabad ghat meh vasai vichahu bharam gavaa-ay.
When He bestows His Glance of Grace, the Shabad comes to abide within the heart, and doubt is eradicated from within.

ਤਨੁ ਮਨੁ ਨਿਰਮਲੁ ਨਿਰਮਲ ਬਾਣੀ ਨਾਮੁੋ ਮੰਨਿ ਵਸਾਏ ॥
tan man nirmal nirmal banee naamo man vasaa-ay.
The body and mind become immaculate, through the Immaculate Word of His Bani. Let His Name be enshrined in your mind.

ਸਬਦਿ ਗੁਰੂ ਭਵਸਾਗਰੁ ਤਰੀਐ ਇਤ ਉਤ ਏਕੋ ਜਾਣੈ ॥
sabad guroo bhavsaagar taree-ai it ut ayko jaanai.
The Shabad is the Guru, to carry you across the terrifying world-ocean. Know the One Lord alone, here and hereafter.

ਚਿਹਨੁ ਵਰਨੁ ਨਹੀ ਛਾਇਆ ਮਾਇਆ ਨਾਨਕ ਸਬਦੁ ਪਛਾਣੈ ॥੫੯॥
chihan varan nahee chhaa-i-aa maa-i-aa naanak sabad pachhaanai.

||59||

He has no form or color, shadow or illusion; O Nanak, realize the Shabad. ||59||

ਤ੍ਰੈ ਸਤ ਅੰਗੁਲ ਵਾਈ ਅਉਧੂ ਸੁੰਨ ਸਚੁ ਆਹਾਰੋ ॥

tarai sat angul vaa-ee a-oDhoo sunn sach aahaaro.

O reclusive hermit, the True, Absolute Lord is the support of the exhaled breath, which extends out ten finger lengths.

ਗੁਰਮੁਖਿ ਬੋਲੈ ਤਤੁ ਬਿਰੋਲੈ ਚੀਨੈ ਅਲਖ ਅਪਾਰੋ ॥

gurmukh bolai tat birolai cheenai alakh apaaro.

The Gurmukh speaks and churns the essence of reality, and realizes the unseen, infinite Lord.

ਤ੍ਰੈ ਗੁਣ ਮੇਟੈ ਸਬਦੁ ਵਸਾਏ ਤਾ ਮਨਿ ਚੂਕੈ ਅਹੰਕਾਰੋ ॥

tarai gun maytai sabad vasaa-ay taa man chookai ahankaaro.

Eradicating the three qualities, he enshrines the Shabad within, and then, his mind is rid of egotism.

ਅੰਤਰਿ ਬਾਹਰਿ ਏਕੋ ਜਾਣੈ ਤਾ ਹਰਿ ਨਾਮਿ ਲਗੈ ਪਿਆਰੋ ॥

antar baahar ayko jaanai taa har naam lagai pi-aaro.

Inside and out, he knows the One Lord alone; he is in love with the Name of the Lord.

ਸੁਖਮਨਾ ਇੜਾ ਪਿੰਗੁਲਾ ਬੂਝੈ ਜਾ ਆਪੇ ਅਲਖੁ ਲਖਾਏ ॥

sukhmanaa irhaa pingulaa boojhai jaa aapay alakh lakhaa-ay.

He understands the Sushmana, Ida and Pingala, when the unseen Lord reveals Himself.

ਨਾਨਕ ਤਿਹੁ ਤੇ ਊਪਰਿ ਸਾਚਾ ਸਤਿਗੁਰ ਸਬਦਿ ਸਮਾਏ ॥੬੦॥

naanak tihu tay oopar saachaa satgur sabad samaa-ay. ||60||

O Nanak, the True Lord is above these three energy channels. Through the Word, the Shabad of the True Guru, one merges with Him. ||60||

ਮਨ ਕਾ ਜੀਉ ਪਵਨੁ ਕਥੀਅਲੇ ਪਵਨੁ ਕਹਾ ਰਸੁ ਖਾਈ ॥

man kaa jee-o pavan kathee-alay pavan kahaa ras khaa-ee.

"The air is said to be the soul of the mind. But what does the air feed on?

ਗਿਆਨ ਕੀ ਮੁਦ੍ਰਾ ਕਵਨ ਅਉਧੂ ਸਿਧ ਕੀ ਕਵਨ ਕਮਾਈ ॥
gi-aan kee mudraa kavan a-oDhoo siDh kee kavan kamaa-ee.
What is the way of the spiritual teacher, and the reclusive hermit? What is the occupation

ਬਿਨੁ ਸਬਦੈ ਰਸੁ ਨ ਆਵੈ ਅਉਧੂ ਹਉਮੈ ਪਿਆਸ ਨ ਜਾਈ ॥
bin sabdai ras na aavai a-oDhoo ha-umai pi-aas na jaa-ee.
Without the Shabad, the essence does not come, O hermit, and the thirst of egotism does not depart.

ਸਬਦਿ ਰਤੇ ਅੰਮ੍ਰਿਤ ਰਸੁ ਪਾਇਆ ਸਾਚੇ ਰਹੇ ਅਘਾਈ ॥
sabad ratay amrit ras paa-i-aa saachay rahay aghaa-ee.
Imbued with the Shabad, one finds the ambrosial essence, and remains fulfilled with the True Name.

ਕਵਨ ਬੁਧਿ ਜਿਤੁ ਅਸਥਿਰੁ ਰਹੀਐ ਕਿਤੁ ਭੋਜਨਿ ਤ੍ਰਿਪਤਾਸੈ ॥
kavan buDh jit asthir rahee-ai kit bhojan tariptaasai.
"What is that wisdom, by which one remains steady and stable? What food brings satisfaction?"

ਨਾਨਕ ਦੁਖੁ ਸੁਖੁ ਸਮ ਕਰਿ ਜਾਪੈ ਸਤਿਗੁਰ ਤੇ ਕਾਲੁ ਨ ਗ੍ਰਾਸੈ ॥੬੧॥
naanak dukh sukh sam kar jaapai satgur tay kaal na garaasai. ||61||
O Nanak, when one looks upon pain and pleasure alike, through the True Guru, then he is not consumed by Death. ||61||

ਰੰਗਿ ਨ ਰਾਤਾ ਰਸਿ ਨਹੀ ਮਾਤਾ ॥
rang na raataa ras nahee maataa.
If one is not imbued with the Lord's Love, nor intoxicated with His subtle essence,

ਬਿਨੁ ਗੁਰ ਸਬਦੈ ਜਲਿ ਬਲਿ ਤਾਤਾ ॥
bin gur sabdai jal bal taataa.
without the Word of the Guru's Shabad, he is frustrated, and consumed by his own inner fire.

ਬਿੰਦੁ ਨ ਰਾਖਿਆ ਸਬਦੁ ਨ ਭਾਖਿਆ ॥

bind na raakhi-aa sabad na bhaakhi-aa.

He does not preserve his semen and seed, and does not chant the Shabad.

ਪਵਨੁ ਨ ਸਾਧਿਆ ਸਚੁ ਨ ਅਰਾਧਿਆ ॥

pavan na saaDhi-aa sach na araaDhi-aa.

He does not control his breath; he does not worship and adore the True Lord.

ਅਕਥ ਕਥਾ ਲੇ ਸਮ ਕਰਿ ਰਹੈ ॥

akath kathaa lay sam kar rahai.

But one who speaks the Unspoken Speech, and remains balanced,

ਤਉ ਨਾਨਕ ਆਤਮ ਰਾਮ ਕਉ ਲਹੈ ॥੬੨॥

ta-o naanak aatam raam ka-o lahai. ||62||

O Nanak, attains the Lord, the Supreme Soul. ||62||

ਗੁਰ ਪਰਸਾਦੀ ਰੰਗੇ ਰਾਤਾ ॥

gur parsaadee rangay raataa.

By Guru's Grace, one is attuned to the Lord's Love.

ਅੰਮ੍ਰਿਤੁ ਪੀਆ ਸਾਚੇ ਮਾਤਾ ॥

amrit pee-aa saachay maataa.

Drinking in the Ambrosial Nectar, he is intoxicated with the Truth.

ਗੁਰ ਵੀਚਾਰੀ ਅਗਨਿ ਨਿਵਾਰੀ ॥

gur veechaaree agan nivaaree.

Contemplating the Guru, the fire within is put out.

ਅਪਿਉ ਪੀਓ ਆਤਮ ਸੁਖੁ ਧਾਰੀ ॥

api-o pee-o aatam sukh Dhaaree.

Drinking in the Ambrosial Nectar, the soul settles in peace.

ਸਚੁ ਅਰਾਧਿਆ ਗੁਰਮੁਖਿ ਤਰੁ ਤਾਰੀ ॥

sach araaDhi-aa gurmukh tar taaree.

Worshipping the True Lord in adoration, the Gurmukh crosses over the river of life.

ਨਾਨਕ ਬੂਝੈ ਕੋ ਵੀਚਾਰੀ ॥੬੩॥

naanak boojhai ko veechaaree. ||63||

O Nanak, after deep contemplation, this is understood. ||63||

ਇਹੁ ਮਨੁ ਮੈਗਲੁ ਕਹਾ ਬਸੀਅਲੇ ਕਹਾ ਬਸੈ ਇਹੁ ਪਵਨਾ ॥

ih man maigal kahaa basee-alay kahaa basai ih pavnaa.

"Where does this mind-elephant live? Where does the breath reside?

ਕਹਾ ਬਸੈ ਸੁ ਸਬਦੁ ਅਉਧੂ ਤਾ ਕਉ ਚੂਕੈ ਮਨ ਕਾ ਭਵਨਾ ॥

kahaa basai so sabad a-oDhoo taa ka-o chookai man kaa bhavnaa.

Where should the Shabad reside, so that the wanderings of the mind may cease?"

ਨਦਰਿ ਕਰੇ ਤਾ ਸਤਿਗੁਰੁ ਮੇਲੇ ਤਾ ਨਿਜ ਘਰਿ ਵਾਸਾ ਇਹੁ ਮਨੁ ਪਾਏ ॥

nadar karay taa satgur maylay taa nij ghar vaasaa ih man paa-ay.

When the Lord blesses one with His Glance of Grace, he leads him to the True Guru. Then, this mind dwells in its own home within.

ਆਪੈ ਆਪੁ ਖਾਇ ਤਾ ਨਿਰਮਲੁ ਹੋਵੈ ਧਾਵਤੁ ਵਰਜਿ ਰਹਾਏ ॥

aapai aap khaa-ay taa nirmal hovai Dhaavat varaj rahaa-ay.

When the individual consumes his egotism, he becomes immaculate, and his wandering mind is restrained.

ਕਿਉ ਮੂਲੁ ਪਛਾਣੈ ਆਤਮੁ ਜਾਣੈ ਕਿਉ ਸਸਿ ਘਰਿ ਸੂਰੁ ਸਮਾਵੈ ॥

ki-o mool pachhaanai aatam jaanai ki-o sas ghar soor samaavai.

"How can the root, the source of all be realized? How can the soul know itself? How can the sun enter into the house of the moon?"

ਗੁਰਮੁਖਿ ਹਉਮੈ ਵਿਚਹੁ ਖੋਵੈ ਤਉ ਨਾਨਕ ਸਹਜਿ ਸਮਾਵੈ ॥੬੪॥

gurmukh ha-umai vichahu khovai ta-o naanak sahj samaavai. ||64||

The Gurmukh eliminates egotism from within; then, O Nanak, the sun naturally enters into the home of the moon. ||64||

ਇਹੁ ਮਨੁ ਨਿਹਚਲੁ ਹਿਰਦੈ ਵਸੀਅਲੇ ਗੁਰਮੁਖਿ ਮੂਲੁ ਪਛਾਣਿ ਰਹੈ ॥
ih man nihchal hirdai vasee-alay gurmukh mool pachhaan rahai.
When the mind becomes steady and stable, it abides in the heart, and then the Gurmukh realizes the root, the source of all.

ਨਾਭਿ ਪਵਨੁ ਘਰਿ ਆਸਣਿ ਬੈਸੈ ਗੁਰਮੁਖਿ ਖੋਜਤ ਤਤੁ ਲਹੈ ॥
naabh pavan ghar aasan baisai gurmukh khojat tat lahai.
The breath is seated in the home of the navel; the Gurmukh searches, and finds the essence of reality.

ਸੁ ਸਬਦੁ ਨਿਰੰਤਰਿ ਨਿਜ ਘਰਿ ਆਛੈ ਤ੍ਰਿਭਵਣ ਜੋਤਿ ਸੁ ਸਬਦਿ ਲਹੈ ॥
so sabad nirantar nij ghar aachhai taribhavan jot so sabad lahai.
This Shabad permeates the nucleus of the self, deep within, in its own home; the Light of this Shabad pervades the three worlds.

ਖਾਵੈ ਦੂਖ ਭੂਖ ਸਾਚੇ ਕੀ ਸਾਚੇ ਹੀ ਤ੍ਰਿਪਤਾਸਿ ਰਹੈ ॥
khaavai dookh bhookh saachay kee saachay hee tariptaas rahai.
Hunger for the True Lord shall consume your pain, and through the True Lord, you shall be satisfied.

ਅਨਹਦ ਬਾਣੀ ਗੁਰਮੁਖਿ ਜਾਣੀ ਬਿਰਲੋ ਕੋ ਅਰਥਾਵੈ ॥
anhad banee gurmukh jaanee birlo ko arthaavai.
The Gurmukh knows the unstruck sound current of the Bani; how rare are those who understand.

ਨਾਨਕੁ ਆਖੈ ਸਚੁ ਸੁਭਾਖੈ ਸਚਿ ਰਪੈ ਰੰਗੁ ਕਬਹੂ ਨ ਜਾਵੈ ॥੬੫॥
naanak aakhai sach subhaakhai sach rapai rang kabhoo na jaavai. ||65||
Says Nanak, one who speaks the Truth is dyed in the color of Truth, which will never fade away. ||65||

ਜਾ ਇਹੁ ਹਿਰਦਾ ਦੇਹ ਨ ਹੋਤੀ ਤਉ ਮਨੁ ਕੈਠੈ ਰਹਤਾ ॥
jaa ih hirdaa dayh na hotee ta-o man kaithai rahtaa.
"When this heart and body did not exist, where did the mind reside?

ਨਾਭਿ ਕਮਲ ਅਸਥੰਭੁ ਨ ਹੋਤੋ ਤਾ ਪਵਨੁ ਕਵਨ ਘਰਿ ਸਹਤਾ ॥
naabh kamal asthambh na hoto taa pavan kavan ghar sahtaa.

When there was no support of the navel lotus, then in which home did the breath reside?

ਰੂਪੁ ਨ ਹੋਤੋ ਰੇਖ ਨ ਕਾਈ ਤਾ ਸਬਦਿ ਕਹਾ ਲਿਵ ਲਾਈ ॥
roop na hoto raykh na kaa-ee taa sabad kahaa liv laa-ee.
When there was no form or shape, then how could anyone lovingly focus on the Shabad?

ਰਕਤੁ ਬਿੰਦੁ ਕੀ ਮੜੀ ਨ ਹੋਤੀ ਮਿਤਿ ਕੀਮਤਿ ਨਹੀ ਪਾਈ ॥
rakat bind kee marhee na hotee mit keemat nahee paa-ee.
When there was no dungeon formed from egg and sperm, who could measure the Lord's value and extent?

ਵਰਨੁ ਭੇਖੁ ਅਸਰੂਪੁ ਨ ਜਾਪੀ ਕਿਉ ਕਰਿ ਜਾਪਸਿ ਸਾਚਾ ॥
varan bhaykh asroop na jaapee ki-o kar jaapas saachaa.
When color, dress and form could not be seen, how could the True Lord be known?"

ਨਾਨਕ ਨਾਮਿ ਰਤੇ ਬੈਰਾਗੀ ਇਬ ਤਬ ਸਾਚੋ ਸਾਚਾ ॥੬੬॥
naanak naam ratay bairaagee ib tab saacho saachaa. ||66||
O Nanak, those who are attuned to the Naam, the Name of the Lord, are detached. Then and now, they see the Truest of the True. ||66||

ਹਿਰਦਾ ਦੇਹ ਨ ਹੋਤੀ ਅਉਧੂ ਤਉ ਮਨੁ ਸੁੰਨਿ ਰਹੈ ਬੈਰਾਗੀ ॥
hirdaa dayh na hotee a-oDhoo ta-o man sunn rahai bairaagee.
When the heart and the body did not exist, O hermit, then the mind resided in the absolute, detached Lord.

ਨਾਭਿ ਕਮਲੁ ਅਸਥੰਭੁ ਨ ਹੋਤੋ ਤਾ ਨਿਜ ਘਰਿ ਬਸਤਉ ਪਵਨੁ ਅਨਰਾਗੀ ॥
naabh kamal asthambh na hoto taa nij ghar basta-o pavan anraagee.
When there was no support of the lotus of the navel, the breath remained in its own home, attuned to the Lord's Love.

ਰੂਪੁ ਨ ਰੇਖਿਆ ਜਾਤਿ ਨ ਹੋਤੀ ਤਉ ਅਕੁਲੀਣਿ ਰਹਤਉ ਸਬਦੁ ਸੁ ਸਾਰੁ ॥
roop na raykh-i-aa jaat na hotee ta-o akuleen rahta-o sabad so saar.
When there was no form or shape or social class, then the Shabad, in its essence, resided in the unmanifest Lord.

ਗਉਨੁ ਗਗਨੁ ਜਬ ਤਬਹਿ ਨ ਹੋਤਉ ਤ੍ਰਿਭਵਣ ਜੋਤਿ ਆਪੇ ਨਿਰੰਕਾਰੁ ॥
ga-un gagan jab tabeh na hota-o taribhavan jot aapay nirankaar.
When the world and the sky did not even exist, the Light of the Formless Lord filled the three worlds.

ਵਰਨੁ ਭੇਖੁ ਅਸਰੂਪੁ ਸੁ ਏਕੋ ਏਕੋ ਸਬਦੁ ਵਿਡਾਣੀ ॥
varan bhaykh asroop so ayko ayko sabad vidaanee.
Color, dress and form were contained in the One Lord; the Shabad was contained in the One, Wondrous Lord.

ਸਾਚ ਬਿਨਾ ਸੂਚਾ ਕੋ ਨਾਹੀ ਨਾਨਕ ਅਕਥ ਕਹਾਣੀ ॥੬੭॥
saach binaa soochaa ko naahee naanak akath kahaanee. ||67||
Without the True Name, no one can become pure; O Nanak, this is the Unspoken Speech. ||67||

ਕਿਤੁ ਕਿਤੁ ਬਿਧਿ ਜਗੁ ਉਪਜੈ ਪੁਰਖਾ ਕਿਤੁ ਕਿਤੁ ਦੁਖਿ ਬਿਨਸਿ ਜਾਈ ॥
kit kit biDh jag upjai purkhaa kit kit dukh binas jaa-ee.
"How, in what way, was the world formed, O man? And what disaster will end it?"

ਹਉਮੈ ਵਿਚਿ ਜਗੁ ਉਪਜੈ ਪੁਰਖਾ ਨਾਮਿ ਵਿਸਰਿਐ ਦੁਖੁ ਪਾਈ ॥
ha-umai vich jag upjai purkhaa naam visri-ai dukh paa-ee.
In egotism, the world was formed, O man; forgetting the Naam, it suffers and dies.

ਗੁਰਮੁਖਿ ਹੋਵੈ ਸੁ ਗਿਆਨੁ ਤਤੁ ਬੀਚਾਰੈ ਹਉਮੈ ਸਬਦਿ ਜਲਾਏ ॥
gurmukh hovai so gi-aan tat beechaarai ha-umai sabad jalaa-ay.
One who becomes Gurmukh contemplates the essence of spiritual wisdom; through the Shabad, he burns away his egotism.

ਤਨੁ ਮਨੁ ਨਿਰਮਲੁ ਨਿਰਮਲ ਬਾਣੀ ਸਾਚੈ ਰਹੈ ਸਮਾਏ ॥
tan man nirmal nirmal banee saachai rahai samaa-ay.
His body and mind become immaculate, through the Immaculate Bani of the Word. He remains absorbed in Truth.

ਨਾਮੇ ਨਾਮਿ ਰਹੈ ਬੈਰਾਗੀ ਸਾਚੁ ਰਖਿਆ ਉਰਿ ਧਾਰੇ ॥
naamay naam rahai bairaagee saach rakhi-aa ur Dhaaray.

Through the Naam, the Name of the Lord, he remains detached; he enshrines the True Name in his heart.

ਨਾਨਕ ਬਿਨੁ ਨਾਵੈ ਜੋਗੁ ਕਦੇ ਨ ਹੋਵੈ ਦੇਖਹੁ ਰਿਦੈ ਬੀਚਾਰੇ ॥੬੮॥

naanak bin naavai jog kaday na hovai daykhhu ridai beechaaray. ||68||

O Nanak, without the Name, Yoga is never attained; reflect upon this in your heart, and see. ||68||

ਗੁਰਮੁਖਿ ਸਾਚੁ ਸਬਦੁ ਬੀਚਾਰੈ ਕੋਇ ॥

gurmukh saach sabad beechaarai ko-ay.

The Gurmukh is one who reflects upon the True Word of the Shabad.

ਗੁਰਮੁਖਿ ਸਚੁ ਬਾਣੀ ਪਰਗਟੁ ਹੋਇ ॥

gurmukh sach banee pargat ho-ay.

The True Bani is revealed to the Gurmukh.

ਗੁਰਮੁਖਿ ਮਨੁ ਭੀਜੈ ਵਿਰਲਾ ਬੂਝੈ ਕੋਇ ॥

gurmukh man bheejai virlaa boojhai ko-ay.

The mind of the Gurmukh is drenched with the Lord's Love, but how rare are those who understand this.

ਗੁਰਮੁਖਿ ਨਿਜ ਘਰਿ ਵਾਸਾ ਹੋਇ ॥

gurmukh nij ghar vaasaa ho-ay.

The Gurmukh dwells in the home of the self, deep within.

ਗੁਰਮੁਖਿ ਜੋਗੀ ਜੁਗਤਿ ਪਛਾਣੈ ॥

gurmukh jogee jugat pachhaanai.

The Gurmukh realizes the Way of Yoga.

ਗੁਰਮੁਖਿ ਨਾਨਕ ਏਕੋ ਜਾਣੈ ॥੬੯॥

gurmukh naanak ayko jaanai. ||69||

O Nanak, the Gurmukh knows the One Lord alone. ||69||

ਬਿਨੁ ਸਤਿਗੁਰ ਸੇਵੇ ਜੋਗੁ ਨ ਹੋਈ ॥ ੮

bin satgur sayvay jog na ho-ee.

Without serving the True Guru, Yoga is not attained;

ਬਿਨੁ ਸਤਿਗੁਰ ਭੇਟੇ ਮੁਕਤਿ ਨ ਕੋਈ ॥

bin satgur bhaytay mukat na ko-ee.

without meeting the True Guru, no one is liberated.

ਬਿਨੁ ਸਤਿਗੁਰ ਭੇਟੇ ਨਾਮੁ ਪਾਇਆ ਨ ਜਾਇ ॥

bin satgur bhaytay naam paa-i-aa na jaa-ay.

Without meeting the True Guru, the Naam cannot be found.

ਬਿਨੁ ਸਤਿਗੁਰ ਭੇਟੇ ਮਹਾ ਦੁਖੁ ਪਾਇ ॥

bin satgur bhaytay mahaa dukh paa-ay.

Without meeting the True Guru, one suffers in terrible pain.

ਬਿਨੁ ਸਤਿਗੁਰ ਭੇਟੇ ਮਹਾ ਗਰਬਿ ਗੁਬਾਰਿ ॥

bin satgur bhaytay mahaa garab gubaar.

Without meeting the True Guru, there is only the deep darkness of egotistical pride.

ਨਾਨਕ ਬਿਨੁ ਗੁਰ ਮੁਆ ਜਨਮੁ ਹਾਰਿ ॥੭੦॥

naanak bin gur mu-aa janam haar. ||70||

O Nanak, without the True Guru, one dies, having lost the opportunity of this life. ||70||

ਗੁਰਮੁਖਿ ਮਨੁ ਜੀਤਾ ਹਉਮੈ ਮਾਰਿ ॥

gurmukh man jeetaa ha-umai maar.

The Gurmukh conquers his mind by subduing his ego.

ਗੁਰਮੁਖਿ ਸਾਚੁ ਰਖਿਆ ਉਰ ਧਾਰਿ ॥

gurmukh saach rakhi-aa ur Dhaar.

The Gurmukh enshrines Truth in his heart.

ਗੁਰਮੁਖਿ ਜਗੁ ਜੀਤਾ ਜਮਕਾਲੁ ਮਾਰਿ ਬਿਦਾਰਿ ॥

gurmukh jag jeetaa jamkaal maar bidaar.

The Gurmukh conquers the world; he knocks down the Messenger of Death, and kills it.

ਗੁਰਮੁਖਿ ਦਰਗਹ ਨ ਆਵੈ ਹਾਰਿ ॥

gurmukh dargeh na aavai haar.

The Gurmukh does not lose in the Court of the Lord.

ਗੁਰਮੁਖਿ ਮੇਲਿ ਮਿਲਾਏ ਸੁੋ ਜਾਣੈ ॥

gurmukh mayl milaa-ay so jaanai.

The Gurmukh is united in God's Union; he alone knows.

ਨਾਨਕ ਗੁਰਮੁਖਿ ਸਬਦਿ ਪਛਾਣੈ ॥੭੧॥

naanak gurmukh sabad pachhaanai. ||71||

O Nanak, the Gurmukh realizes the Word of the Shabad. ||71||

ਸਬਦੈ ਕਾ ਨਿਬੇੜਾ ਸੁਣਿ ਤੂ ਅਉਧੂ ਬਿਨੁ ਨਾਵੈ ਜੋਗੁ ਨ ਹੋਈ ॥

sabdai kaa nibayrhaa sun too a-oDhoo bin naavai jog na ho-ee.

This is the essence of the Shabad - listen, you hermits and Yogis. Without the Name, there is no Yoga.

ਨਾਮੇ ਰਾਤੇ ਅਨਦਿਨੁ ਮਾਤੇ ਨਾਮੈ ਤੇ ਸੁਖੁ ਹੋਈ ॥

naamay raatay an-din maatay naamai tay sukh ho-ee.

Those who are attuned to the Name, remain intoxicated night and day; through the Name, they find peace.

ਨਾਮੈ ਹੀ ਤੇ ਸਭੁ ਪਰਗਟੁ ਹੋਵੈ ਨਾਮੇ ਸੋਝੀ ਪਾਈ ॥

naamai hee tay sabh pargat hovai naamay sojhee paa-ee.

Through the Name, everything is revealed; through the Name, understanding is obtained.

ਬਿਨੁ ਨਾਵੈ ਭੇਖ ਕਰਹਿ ਬਹੁਤੇਰੇ ਸਚੈ ਆਪਿ ਖੁਆਈ ॥

bin naavai bhaykh karahi bahutayray sachai aap khu-aa-ee.

Without the Name, people wear all sorts of religious robes; the True Lord Himself has confused them.

ਸਤਿਗੁਰ ਤੇ ਨਾਮੁ ਪਾਈਐ ਅਉਧੂ ਜੋਗ ਜੁਗਤਿ ਤਾ ਹੋਈ ॥

satgur tay naam paa-ee-ai a-oDhoo jog jugat taa ho-ee.

The Name is obtained only from the True Guru, O hermit, and then, the Way of Yoga is found.

ਕਰਿ ਬੀਚਾਰੁ ਮਨਿ ਦੇਖਹੁ ਨਾਨਕ ਬਿਨੁ ਨਾਵੈ ਮੁਕਤਿ ਨ ਹੋਈ ॥੭੨॥

kar beechaar man daykhhu naanak bin naavai mukat na ho-ee. ||72||

Reflect upon this in your mind, and see; O Nanak, without the Name, there is no liberation. ||72||

ਤੇਰੀ ਗਤਿ ਮਿਤਿ ਤੂਹੈ ਜਾਣਹਿ ਕਿਆ ਕੋ ਆਖਿ ਵਖਾਣੈ ॥

tayree gat mit toohai jaaneh ki-aa ko aakh vakhaanai.

You alone know Your state and extent, Lord; What can anyone say about it?

ਤੂ ਆਪੇ ਗੁਪਤਾ ਆਪੇ ਪਰਗਟੁ ਆਪੇ ਸਭਿ ਰੰਗ ਮਾਣੈ ॥

too aapay guptaa aapay pargat aapay sabh rang maanai.

You Yourself are hidden, and You Yourself are revealed. You Yourself enjoy all pleasures.

ਸਾਧਿਕ ਸਿਧ ਗੁਰੂ ਬਹੁ ਚੇਲੇ ਖੋਜਤ ਫਿਰਹਿ ਫੁਰਮਾਣੈ ॥

saaDhik siDh guroo baho chaylay khojat fireh furmaanai.

The seekers, the Siddhas, the many gurus and disciples wander around searching for You, according to Your Will.

ਮਾਗਹਿ ਨਾਮੁ ਪਾਇ ਇਹ ਭਿਖਿਆ ਤੇਰੇ ਦਰਸਨ ਕਉ ਕੁਰਬਾਣੈ ॥

maageh naam paa-ay ih bhikhi-aa tayray darsan ka-o kurbaanai.

They beg for Your Name, and You bless them with this charity. I am a sacrifice to the Blessed Vision of Your Darshan.

ਅਬਿਨਾਸੀ ਪ੍ਰਭਿ ਖੇਲੁ ਰਚਾਇਆ ਗੁਰਮੁਖਿ ਸੋਝੀ ਹੋਈ ॥

abhinaasee parabh khayl rachaa-i-aa gurmukh sojhee ho-ee.

The eternal imperishable Lord God has staged this play; the Gurmukh understands it.

ਨਾਨਕ ਸਭਿ ਜੁਗ ਆਪੇ ਵਰਤੈ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਈ ॥੭੩॥੧॥

naanak sabh jug aapay vartai doojaa avar na ko-ee. ||73||1||

O Nanak, He extends Himself throughout the ages; there is no other than Him. ||73||1||